



www.springcityspinners.org

Spring City Spinners Bicycle Club

WAUKESHA, WISCONSIN

Chainletter

Issue #5

August/September 2010

SCS Hotline: (262) 60-SCSBC

Editorial Spin

by Doug Curtis

This passed July marked the one-year anniversary of the death of Allen Belonger. One of my personal memories of Allen was a late Fall ride we shared out to Elegant Farmer and back. On that ride we also shared a jug of apple cider, filling our water bottles for the trip back. We all miss you Allen.

SAVE THE DATES

Aug. 29th, 2010 – Cream City Cycle Club Century - We don't have a club ride scheduled on this date and we encourage our membership to participate in this ride to help support CCCC.

Sept. 7th, 2010 – Special Board Meeting - for PTK planning and any remaining issues, etc. As usual all club members and especially PTK volunteers are welcome.

Sept. 11th, 2010 – PTK Preview – MEMBERS ONLY, this is the chance for members to RIDE the Pedal The Kettle (instead of supporting it).

Sept. 18th, 2010 – PTK Prep Day at the North High School parking lot.

WE NEED VOLUNTEERS FOR PTK

**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 we have the more we can accomplish both on the bikes and off. If you need Club Membership Fliers, please get in touch with Mary "Bunny" Ziebell, she can be reached via email at: advertising@springcityspinners.org

News of Note

Homemade cookies still needed

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 6 Dozen cookies from each club member.

Contact Jackie Warshauer

Email: secretary@springcityspinners.org

Coalition Club Discount

At the last board meeting a motion was approved to give discounts to PTK for a group of 10 or more; Bay View or Cream City members who register before Sept. 1st. This idea is a result of Bay View's discount for 10+ rides who signed up together for the Lake Country Classic.

Waukesha Bike Alliance

Laura F. and Mark B. attended the newly formed Waukesha Bike Alliance meeting. The Alliance's primary mission is bicycle rider advocacy. A few things they are stressing are safe routes to school, bike racks in front of businesses, and interconnecting the trails in Waukesha to make Waukesha more bike friendly.

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>

Thank You Note received from Darlene Netke

*"Spring City Spinners Bicycle Club~
Thank you for the flowers that were sent to Brett's funeral, they were beautiful. Your thoughtfulness and support during this difficult time in our lives is truly appreciated.*

*Sincerely
Darlene Netke"*

Gloria & Nancy Ride Across America

If you don't happen to have access to Facebook, then you've missed out on the daily updates from Gloria and Nancy as they rode across America. Here are a couple of highlights;

July 22, 2010 – Day Forty-Seven – Canandaigua, NY to Liverpool, NY – 69.8 Miles

I'd have to say that today rates right up there as one of the best days of riding. It was sunny and in the mid-70's with mostly tailwinds. Early in the morning, I saw the big boys riding ahead of us. Pretty much busted my butt to catch up to them, then stayed with them to the first sag stop at 30.3 miles. After that Nancy, Kiwi Rick, and I rode together for the rest of the day. Got in early – before noon and before the big boys. No flats today. Tonight Boston Robb's brother has invited the entire group over to his house for dinner which will be catered. Looking forward to eating somewhere other than restaurants for a change.

July 21, 2010 – Day Forty-Six – Hamburg, NY to Canandaigua, NY – 95.6 Miles

WHAT A DAY!!! Another day with the possibility of showers and thunder storms. Well – today we got caught in them. By the time we reached the first sag stop at 30.1 miles we were soaked and it was pouring. After much debate, I decided to put on my rain coat – yes, I know, the insurance policy did not work today. A few miles after the sag stop the rain stopped – about the time Nancy had a flat, or should I say two flats – yes, both the front and the back tires. We stopped to change her flats and Freddy stopped right behind us because he had a flat and Lester stopped to help us. Nancy changed the back flat and Lester changed the front one for her. After Lester pumped up the first tire, the valve stem broke just like it did the other day for Nancy. So I gave him one of my tubes and he proceeded to change the front tire again. Nancy burned two Co2 cartridges trying to put air in the front tire. By that time, Gerard came with the sag vehicle and a floor pump. He pumped up Freddy's tire and then Nancy's back tire. When he went to put air in the front tire, it was flat again. Gerard changed that flat and said that it was a pinch flat. At that time I took off my rain jacket and we started up again. Half a mile later it was pouring and I stopped to put back on my rain jacket. Half a mile later I met up with Nancy who had another front flat (in the rain). We proceeded to change her front tire and proceeded on. Two miles before the second sag, I had a rear flat. Found a piece of glass in the tire and proceeded to change it. After that we got to the second sag stop which was at Tom Wahl's an ice cream store – had a root beer float and started riding again. After a few miles it clouded up again and we thought we were in for it, but this time we just bucked the cold and the wind and made it in fine. So the question is – how many flats did Nancy have – 3 or 6??? So, flat report – Gloria 9, Nancy 11 or 14?, you decide.

To read their posts from every days of the 50+ days of their ride, you'll need to have a Facebook account and then go to Gloria's page at;
<http://www.facebook.com/notes.php?id=100000103343523>

WE NEED VOLUNTEERS FOR PTK

PTK – Pedal The Kettle needs volunteers...

We need volunteers for rest stops, SAG, parking lot attendants, kitchen and registration. Please contact the following team leads to claim your spot.

Steve Cummings.....Rest Stops
Phone: 262-549-0373
Email: vicepresident@springcityspinners.org

Gil Ziebell.....Kitchen
Phone: 262-436-9524
Email: treasurer@springcityspinners.org

Mark Blackman.....SAG support
Phone: 262-542-4185
Email: membership@springcityspinners.org

Gloria Bralick.....Road Markings
Phone: 262-549-4029
Email: gbralick@ameritech.net

Doug Wolak.....Road sweeping
Phone: 262-521-9454
Email: rides@springcityspinners.org

Bicycle Advocacy, and the Spring City Spinners

One of the primary reasons that our club was formed was for like-minded people, of the cycling persuasion, to get together, to share experiences, socialize and ride. In order to advocate for cycling and cyclist, it takes involvement, by our membership. The board invites your ideas, suggestions and especially your help in making cycling and our club better through that advocacy. Here's one place to check out, provided by LAB (League of American Bicyclist);
<http://www.bikeleague.org/programs/bikeadvocacy/>

From the Saddle of the President:

Dear Spinners;

It seems our membership is down, ride leaders are hard to find, few of you are showing up for the rides.

I know it's been a very difficult year for our club after the loss of one of our very good riders and better friends, Allen Belonger. It would be easy to put it to rest had the authorities done their job, ticketed the

driver, and ended this all for everyone. At this time they fail to give a clear answer based on any facts of the Law. The board will continue to follow up on this. We will continue to question and seek answers. We will be adding a section to our newsletter / web page where you can follow any updates on this matter.

We are a small club and it's a lot to do just to run the club, let alone fight this fight. Therefore we will focus on running our club while joining forces with the Bike Federation of Wisconsin and allowing them to continue this fight with our support and input. Please get involved in any way you can to help make cycling a safer sport for all of us. It seems there is a lot to do toward driver education, and law enforcement. I encourage members to join the Bike Federation of Wisconsin. Also do your part by riding in a safe manner and kindly educate drivers you know... it's amazing how little they know about what to do when they encounter a cyclist on the road.

As a club we have to put this behind us and continue to enjoy the sport we all love! There are plenty of good riding days left in the season. Please come out and join us on some rides! Volunteer to lead a ride, you don't have to be an fast rider to lead a ride!

I'd like to hear from the members, what is it the club can do for you to make your club experience better? How can we get new members?

Points to remember about the benefits of being a Spring City Spinner:

1. Cool Jerseys!
2. We put on a great ride every year!
3. We have a great ride library with lots of rides to offer our members!
4. Members are willing to share bike tips to help you improve your ride...just ask!
5. We have the monthly Friday Fish Fry rides!
6. Holiday Breakfast rides!
7. Coalition Picnic!
8. Get 10% discount at local bike stores!
9. Get covered by our club insurance if you should happen to fall and get hurt or damage your bike while riding on a club ride!
10. You will meet lots of great people!

The list goes on, we are working on offering more fun things to the club next year. If you have any ideas we would love to hear from you!

There is still plenty of great weather coming and the Fall is a great time to ride! C'mon get on your bike and RIDE!!!

Hope to see you out on a ride soon!
Pedal hard, stay safe.

Laura Fisher
President – Spring City Spinners

BIKING IN THE CZECH REPUBLIC

By Doug Wolak

I paused at a four-way intersection, smack in the middle of the Blanský Les Nature Preserve. At about 2,940 feet, I stood above most of southwestern Czech Republic. The ride instructions tempted me:

"If you want to ride all the way to the top of Mt. Klet' (1,078 m), turn left uphill and follow paved road to the top. Adds 6 km and 188 m (616') elevation."

The trail had taken a toll on me, as both I and the temperature crept steadily upwards. The last 10 km had been especially demanding. And now I had to decide whether I wanted to add 3 km at an average 6 percent grade.

We were on a 6-day biking adventure that covers parts of the Czech Republic and Austria. The group – 25 of us – met in Prague, were transported a few hours to the south, hopped on our rented bikes, and took to the rolling Bohemian countryside, along wheat, barley, rye, and canola fields, and the occasional carp pond. So far, we had visited a distillery and dined in the city of Holašovice, a UNESCO World Heritage Site. Every day brought enticing new adventures.

So on this, the second day of riding, I turned left to wind my way up Mt. Klet'.

I switched my GPS to show the elevation. Seeing that number go up beats watching the average speed go down. My bike – titanium frame, better-than-average components, a front tire that would later go flat on the downhill – strained under me. The goulash and dumplings I had at lunch were churning in the power plant. My water bottle was almost empty.

This was time for deep thoughts: Why am I doing this? They actually eat carp here? Why am I doing this? Will I be the last one at the hotel today? Why am I doing this? Didn't the leaders say there was a pub at the top?

Spruce and pine trees towered above, sparing me from the sun. Finally, among them, I saw the red and white communications tower. Past its base, it was a tight left curl and an extra steep grade up to the pub. The bartender didn't speak English. But I was soon hoisting a half-liter mug of real Budweiser as high as I possibly could in this part of the world, looking forward to 11 km of downhill into the picture-perfect town of Český Krumlov.

[Doug and Diane Wolak recently went on a biking trip to the Czech Republic and Austria. Trip organizer: Backroads, Berkley, California.]

Recipe of the Month "Healthified" Brownie Cookies

Found @ <http://www.eatbetteramerica.com>

44% less fat • 55% less sat fat • 27% fewer calories than the original recipe — [see the comparison.](#)
Favorite dried fruit replaces half the chips for a more nutritious cookie. Lots of changes with tasty results in a chocolaty cookie where nutritious dried cranberries replace half the chips!

Prep Time: 1 hr 15 min

Start to Finish: 1 hr 45 min

makes: 4 dozen cookies

Ingredients

- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/2 cup butter, softened
- 1/4 cup canola oil
- 1/4 cup chocolate syrup
- 2 egg whites
- 1 egg
- 1 teaspoon vanilla
- 2 1/4 cups Gold Medal® all-purpose flour
- 1/3 cup unsweetened baking cocoa
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 cup dark or semisweet chocolate chips (6 oz)
- 1 cup sweetened dried cranberries or dried cherries
- 1/2 cup chopped pecans or walnuts, toasted*

| | |
|---|--|
| 1. | Heat oven to 350°F. Spray cookie sheets with cooking spray. In large bowl, beat sugars, butter and oil with electric mixer on low speed until blended. Beat in chocolate syrup, egg whites, egg and vanilla. |
| 2. | Beat in flour, cocoa, baking soda and salt until well blended. Stir in chocolate chips, cranberries and pecans. Drop by slightly-rounded measuring tablespoonfuls about 2 inches apart onto cookie sheets. |
| 3. | Bake 10 to 13 minutes or until set. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes. |
| *To toast pecans, heat oven to 350°F. Spread pecans in ungreased shallow pan. Bake uncovered 6 to 10 minutes, stirring occasionally, until light brown. | |

Nutritional Information

1 Cookie: Calories 110 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 10mg; Sodium 90mg; Total Carbohydrate 15g (Dietary Fiber 0g, Sugars 9g); Protein 1g

Special Thank You to...

For 'Papering' assorted rides;

Gil Ziebell

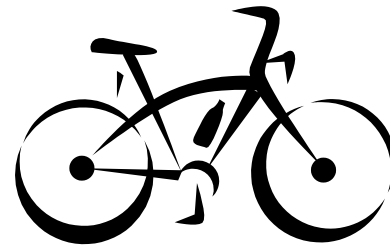
Mary Ziebell

Joanne McMillan

Laura Fisher

-- If I left anyone out, please let me know for the next issue.

WE NEED VOLUNTEERS FOR PTK



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 |