

# EXTRA ORDINARY REFLECTIONS

## Spring BBC Meeting

Sunday, April 3rd  
5:00- 8:00 PM

The Spring Membership Meeting is a great way to kick off the riding season. Food is free to members. Soda will be available compliments of the BBC, but bring your own beer. Door prizes are provided by local bike shops.

The Lussier Family Heritage Center  
LAKE FARM COUNTY PARK  
3101 LAKE FARM ROAD, MADISON

Directions: From the Beltline Hwy 12/18 EXIT South Towne Drive SOUTH. As road splits, stay LEFT (East) on Moorland Road which curves right, south, and changes to Lake Farm Road. Entrance is on LEFT. (Less than 3 miles from Hwy 12/18 Exit)

Anyone wishing to purchase a framed 30th anniversary poster should contact Dave LeMahieu prior to the meeting.



## From the President

by Dave LeMahieu

It's hard to believe I'm back to writing the column for our spring news letter. I've spent more time shoveling my mother's driveway than cycling and right now two pairs of skis are sitting in my hallway and only one bicycle. My son can't decide whether to wax his snowboard or put new bearings on his skateboard and my daughters have traded their cycles in for a viola and boys.

But in reality the work of the Bombay Board starts early in the cycling season, while snow is still on the ground.

We've been working hard, and we'll be ready to roll when warm weather finally arrives. I am grateful to be part of a very gifted and talented group of board members who are passionate in their commitment to maintain the strong sense of community, which is the strength of our club.

Thanks to the tireless efforts of membership czar Don, club membership is at a record high. Another wonderful ride schedule, organized by tour chair Dennis, is enclosed. The WCS chair Melissa as well as Vice-President Todd have brought with them remarkable skill and energy. Board members Jo, Rosemary, and Christie have in their own special ways nudged the rogue president back in line. The 2005 season will indeed be very special!

## Dues Change

The BBC Board voted earlier this year to slightly increase annual dues from \$15 to \$20 for individuals and from \$25 to \$28 for households as of July 1, 2005. The Board felt the increase is needed to minimize the financial risk to the Club in the event registration for the Wright Stuff Century is adversely affected by rain. We will probably move to online registration for the WSC to encourage more people to pre-register, which will also minimize the risk to the Club in the event of rain.

### What do I get for my dues?

- Supports the club and its ability to maintain a robust ride schedule with cue sheets provided free to all Club members and guests. Please encourage fellow riders who "show-up but don't pay" to support the Club by paying dues and signing the waiver form.
- Subscription to: ExtraOrdinary Reflections, the BBC newsletter, published 5

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times a year and mailed to your house. Keeps you informed about club news, area biking activities, bicycling tips and other "gear-head talk" for Madison biking enthusiasts.

- Reduced rates for the Wright Stuff Century, BCETS and other good stuff like T-shirts and posters.
- Ability to rent a bike case. The Club owns two cases, which rent for a modest fee. Contact Dean Schroeder for dates and availability.
- Underwrites the cost of food and renting space for the Spring and Fall meetings.
- Supports the Bicycle Federation of Wisconsin. BBC makes a per member donation to the Bike Fed, a nonprofit member-based organization dedicated to making Wisconsin a better place to bicycle.

## The 2005 Ride Schedule

By Dennis Kosterman

Last year's bigger-and-better-than-ever ride schedule was a tough act to follow, and this year's schedule is inevitably a bit more modest. But I'm still pretty excited about it. We kept the best of last year's new features: the Wright Stuff Century Practice series, the monthly Sunday brunch rides, and the Devil's Lake overnight ride; and even managed to add a few new wrinkles (Jack didn't quite exhaust all of them last year!).

The Independence Day weekend will see the return of an old favorite, the Freedom Train century ride! This is not a fully supported, fee-charging century like the Wright Stuff (but don't worry, that one is back too, in its usual home on Labor Day weekend) it's just another Sunday ride that happens to be 100 miles long, with shorter options for those with less ambition. It's an extraordinarily beautiful route, and I can't wait to ride it. Now all we need is a Memorial Day century and we'll have

all the summer holidays covered!

We also revamped the Tuesday night rides. These have been popular for years, especially among those who like to ride very fast. But in recent years, the speeds (and the disregard for traffic laws) had gotten out of hand, and the Tuesday night rides were becoming infamous. We decided that, while bicycle racing is a fine thing, Seminole Highway during rush hour was not the best time and place for it! So this year's Tuesday night rides will be "kinder and gentler" run at more rational (but still brisk) speeds of 14-19 mph, and led and swept by a rotation of Bombay board members.

The more social Thursday night rides didn't need much revamping, so they have returned in much the same form as last year, with just a few tweaks. All credit for those rides goes to Dave Peterson and Dean Schroeder. I would also like to thank Jack Graham for coordinating the Saturday rides (and for his wonderful ideas from last year that I copied for this year), and Jo Solms for whipping the whole thing into publishable form. My thanks also go out to Melissa Adams for taking on the enormous task of coordinating the Wright Stuff Century, and to Joe King for once again agreeing to lead the Bombay Challenge Event Training Series (BCETS), which filled up in record time this year after last year's very successful inaugural.

And last but not least, a round of applause for our crew of ride leaders both those who return year after year, and those who are new this year (and several of the latter volunteering to lead multiple rides!). There are too many to name them all here, but you'll see their names throughout the ride schedule, and I hope you'll remember to thank them as you do the rides. Without them, none of this would be possible.

## Microsoft Streets and Trips 2005

by Todd Marcotte

One of the many benefits of riding an organized group ride is that I don't have to come up with a route. I grab a map and wheel and off I go. Sometimes, however, I want or need to ride on my own. A few years ago I stumbled on a great tool to help me plan my own routes. Whether I'm training or exploring and just want to see how far it is from here to there, I use Microsoft Streets and Trips to plan my routes.

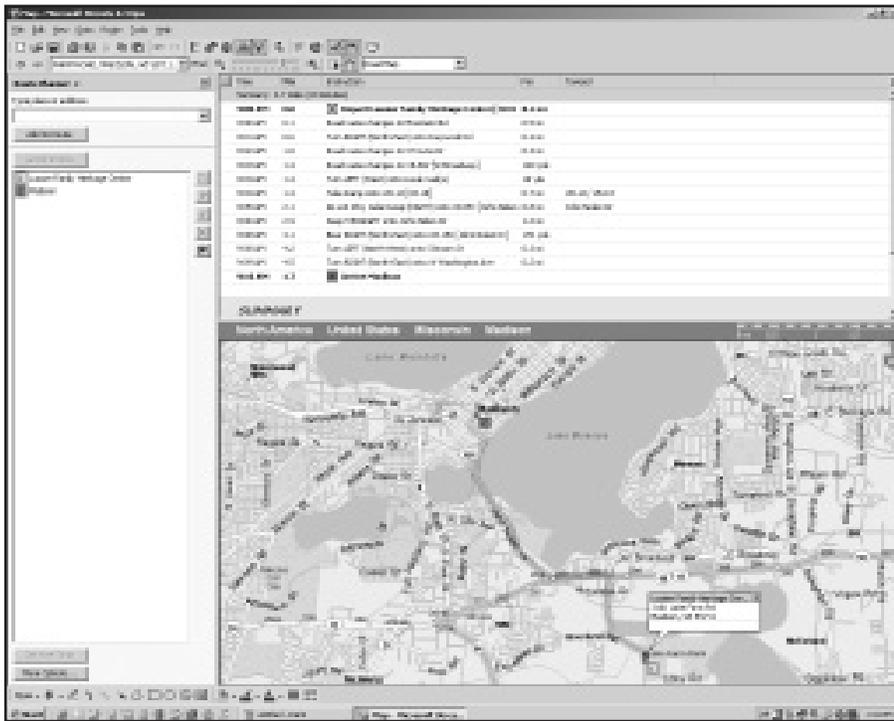
Streets and Trips, like other products of its type, is primarily meant to plan automobile trips, but can easily be adapted to cycling or even running. Most of us have used one of the popular web sites such as [www.mapquest.com](http://www.mapquest.com) or [www.mapblast.com](http://www.mapblast.com) to get directions to a hotel or similar destination. Streets and Trips provides directions from Point A to Point B, as well as complete control of how you want to get there.

Early in the year when I have only an hour before the sun goes down to get a ride in after work, Streets and Trips is great because it tells me the exact distance of the route I have in mind. If necessary, I can adjust the route according to my anticipated average speed. If it's too short or I want to go in a different direction, I simply click on the route and drag it to the new road. I have used this product to plan routes from a short trip around the lake to a multi-day trip to Iowa.

Once you have created a route on your Windows-based PC or notebook, you can publish your map as a Web page to share with friends or download your trip to a Pocket PC device. Since taking your computer with you on the bike isn't practical, you will want to print out your map and/or directions. The map output is impressive from a color printer. Printing in fax mode on a black and white printer produces the cleanest looking map.

While training for the Wright Stuff Century (WSC) a couple of years ago, I needed to create a 75-mile route. Using

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this software I mapped out a route from my house in Stoughton to the Illinois border and back. The ride worked out much better than I imagined; so much so, that when Bombay asked for new rides the following year, I knew I wanted to submit this route.

One of the drawbacks with any program of this type is the fact that the geographical data is one to two years old. If you live in a newer subdivision, there is a chance that certain streets may not be listed in this edition. As far as the accuracy of the program, my experience has been good. Occasionally I will find a rural road that isn't exactly right, but in my three years of using the product I have never had to go out of my way because of bad map data. While on this point, another tool I use for unfamiliar roads is the Wisconsin State Bicycle Maps available at your favorite bike shop. The maps have routes marked according to their appropriateness for cycling (level & speed of auto traffic, presence of shoulders or bike lanes, etc.). Contact the Bicycle Federation of Wisconsin for more information.

Another popular program for cyclists

Map above shows a detailed cue sheet. Below is a detailed ride map.



is Topo 5.0 by DeLorme. Topo not only delivers on the promise of topographical information, but renders it in 3-D as well. While I use and like Topo, the user interface is clunky and not as well suited for route planning.

Another popular addition to a good mapping product is a GPS locator. In fact, Microsoft sells a version of Streets and Trips bundled with a GPS for \$129. I have never been able to justify the expense to the budget committee (aka my wife) If anyone is using a GPS locator for cycling, sharing your experience would make a great article for the newsletter. Microsoft Streets and Trips retails for \$39.99 with a \$10 rebate.

## How to Enjoy Cycling in Bad Weather

By Dennis Kosterman

**A**s a long-time year-round cycle commuter, I've done my share of riding in bad weather after all,

you can't call in sick every time it rains! But until last year, it would never have occurred to me to do a recreational ride in the rain or the cold. Recreational rides were for nice days only.

BCETS (the Bombay Challenge Event Training Series) changed all that. This series was primarily geared toward preparing people to ride the Horribly Hilly Hundreds. Two things you need to know about the Horribly Hilly Hundreds:

(1) It's difficult enough that training is virtually required if you want to finish the ride; and

(2) It happens in mid-June.

This means that if you're serious about doing the ride, you're out on the road training in March and April. And in Wisconsin, you can't count on good weather in those months (or in mid-June, for that matter). So a key component of the training series was learning how to deal with bad weather. The training had to go on, rain or shine.

Tolerating (and even enjoying) bad weather has a physical part and a mental part. We learned about both, but the physical part was fairly simple. It's all about staying warm. Staying dry in the rain is virtually impossible (if you wear waterproof clothing, you'll just get soaked in your own sweat), but being wet is no big deal as long as you stay warm. And there a few simple keys to that:

(1) Avoid cotton wet cotton stays wet for a long time, and it's very good at conducting heat away from your body;

(2) In rainy weather, wear enough insulating layers to keep you warm even if you get wet (wool and fleece are both good for this);

(3) In cold weather (below freezing), make sure that you can remove layers or vent as you warm up (you don't want to get sweated up in the cold);

(4) Keep your extremities warm (a balaclava under the helmet, booties over the shoes, a good pair or two of gloves on your hands).

The mental part was harder, but it's

mostly a matter of attitude. Joe King (coordinator and leader of the BCETS series) urged us not to avoid the rain ("Joe's Rain Rules" an entertaining document that perhaps Joe will publish some day boiled down to "unless there's thunder and lightning, get out and ride!"). And Angie Sturtevant (who gave several seminars during the series) went even farther than that and encouraged us to actually seek out rainy days and learn to enjoy them. The reasoning behind that is sound if it rains on event day, you won't have to learn how to deal with it "on the job" you'll already know. Just ask Lance Armstrong he won his first Tour de France largely by attacking in the rain when everyone else was miserable. He had trained in the rain, and didn't let it bother him.

Still, that advice sounded like lunacy to me. Tolerate it, yes, but enjoy it?#!? But we had plenty of opportunities to test the theory, because there was a lot of bad weather last spring. And the more bad-weather rides I did, the more I found that yes, you could actually enjoy them.

I have to confess that I didn't overly enjoy the ones where it rained non-stop all day, but that's part of the secret those kinds of days are relatively rare. More often than not, it only rained for part of the ride, and the other parts could be magical.

Some of my most memorable rides of the year were on days where I would have stayed home in previous years because of a bad forecast. Here are two of them: Sunday, May 2 (Bombay "Indian Lake" ride): It's drizzling as I start the 10-mile ride to Lakeview Park in Middleton, and by the time I get there, it's snowing! Only about 10 people show up, and all except two (myself and Will Thompson, another BCETSer) just grab a map and head home. Will and I decide to do the ride and head out into the snow with silly grins on our faces. During the first few miles, we encounter a group of triathletes on a training ride, wearing nothing but jerseys and tively nice day, and we had

a very enjoyable ride.

Saturday, May 22 the final "build" ride of the BCETS series, 80 miles over many of the same hills that the HHH traverses. The forecast calls for thunderstorms, but we go anyway, with several contingency plans for what to do if the t-storms come (the one situation where "Joe's Rain Rules" tell you not to ride). The storms never do come (at least not while we're riding it did start raining a few minutes after we got in the car at the end of the ride), but the ride is perhaps the most spectacular I've ever done.

Because of heavy rain on the preceding days, we hear rushing water all around us all day ("It's like riding in the mountains" was one rider's comment), there's a small waterfall coming over a road cut on Highway K, and on Roelke Road, a whole section of hillside had slid onto the road like a giant piece of sod we had to get off our bikes and carry them around it. A ride I wouldn't have missed for the world and any other year, I would have missed it!

And if space permitted, I could list a half dozen more. I don't regret any of the bad-weather rides I did last year, and some of them were among my best rides of the year. Nature is at its most spectacular during "bad" weather.

So get out there and enjoy it! All it takes is proper clothing (see above) and a bit of boldness at the beginning. Once you're out there, you may just find yourself wearing a silly grin like Will and me!

## Pumpkin Pie Ride

By G. Rae Van Sluys

The Pumpkin Ride, hosted by G. Rae Van Sluys (aka The Predestined Pedaler) and her sister Shirlee, has been an annual favorite for many BBC members for 18 years. What a tradition! This year's ride will be held on 9/25 and is classified as hilly. There is a 34 and 60-mile loop. Those who go the full 60 miles are rewarded with homemade pumpkin pie

made with homegrown pumpkins and no limit on the whipped cream.

The ride starts from Lakeview Park in Middleton and journeys northwest through the town of Roxbury, then north toward the Wisconsin River, stopping just short of the Merrimac Ferry at the destination of the Lendved Homestead.

Just to help you remember how good riding feels at the end of the season we've included some BBC member's memories of last year's Pumpkin Pie Ride (9/26/04).

A stellar September morning dawned with a brilliant sunrise that quickly warmed the crisp, clear air to greet nearly 90 riders at Lakeview Park for the 18<sup>th</sup> annual Pumpkin Pie Ride. My dad and step mom, Ray and Carol, mingled with the colorful crowd and distributed the highlighted maps that they worked on diligently the previous evening.

Fresh pea gravel and a minor detour off of Dunlap Hollow Road onto KP didn't detract from Wisconsin's scenic countryside, nor diminish the good spirits of riders spinning high and pedaling northwest toward 20 freshly baked pies and homestead hospitality. Only one person (that I know of) got lost and



*Pumpkin Crowd Converging*

never found the golden treasure, and another pedaled past the entrance but was retrieved by a buddy.

The ride is best summarized by photos and comments from satisfied cyclists:

"Thanks to you and your sister for a totally wonderful ride yesterday! I've been telling everyone about the per-

fect weather, pretty ride, good people and great homemade pie next to the pumpkin patch and the happy dogs roaming around. I called up my gal as soon as I got home and told her "homemade pumpkin pie from home-grown pumpkins" and her response was "Oh my god!" I'm a bit sore today but no complaints — it was a great time. Thanks again!" Rich

Todd from Stoughton wrote:

"Just wanted to thank you for doing the Pie Ride. Because I led a ride myself this year, I know how much work it is. The route was absolutely beautiful...easily one of the best rides of the year!"

And from Jane, who emailed, "a bit late, but I wanted to thank you for organizing a great ride! Great route, perfect day. I hope I can make it an annual event."

At risk of seeming a bit thick on thank you's (is that possible?), a reminder is in order that these moments don't happen without the stalwart cyclists and BBC officers who keep the rides rolling year after year.

Some interesting statistics:

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Fish Lake Reflection



Rich, Dennis and Satish

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- Average pies per ride: 14
- Total number of pies consumed by BBC: over 250
- Fewest number of riders: 45 in year 2000 (chilly 45 degrees, overcast with a stiff 10-20 mph northeast wind)
- Largest number of riders: 90 in year 2004 (stellar weather, sunny, calm, 70 degrees)
- Only twice the ride cancelled due to bad weather, but some cyclists drove the 60-mile round trip for pie and a visit anyway!

Besides sharing the spirit of cycling with her sister, G.Rae integrates cycle therapy into her lifestyle. Whether commuting or touring on her ATB or finishing a century on her quarter-century-old road bike, any time spent on her two-wheeled beast is for the health of it. Especially when solo and "in the zone." G.Rae remembers being impressed with every aspect of her first ride with BBC in 1982. Some things never change.

A BBC'er asked my sister Shirlee if she was thinking about taking a break (from baking and hosting the ride) some year — she responded, "why?" With en-

dorsements like those just mentioned, not to worry.

G.Rae and Shirlee pedaled their first bike tour together in 1972 — at ages 15 and 19, respectively. With gunnysacks slung over the Pletcher racks of their steel-rimmed 10-speed Schwinn's, carrying an axe for chopping wood and a

fat Styrofoam jug swinging from a rear reflector, the sisters collapsed and shed their backpacks at Peninsula State Park after 120 miles of dawn-to-dusk spinning along the great shoreline of Lake Michigan into Door County.

Surviving 3 days of solid rain and soup heated on a flimsy one-pot sterno stove; they emerged from a soggy 2-person tent like butterflies from a cocoon to discover the wondrous world of cycle-touring. Over the next 14 years they enjoyed several tours in the company of various friends, traversing Wisconsin's north woods, the mighty Mississippi River into Minnesota and Iowa, and covering nearly every stretch of back road in the southern part of the Dairy state — and always with a frisbee in tow. This quick, easy to carry, inexpensive source of exercise and entertainment became a bicycle accessory that also served as a birthday cake platter and a campfire fan. After college, the sisters shared an apartment for several years, and when not on bikes, could be found at nearby Vilas Park flinging a Frisbee the length of a football field.

A final tour in 1984 was prompted  
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G. Rae and Shirlee

# 2005 Bombay Bicycle Club Ride Schedule

## About the Club

The Bombay Bicycle Club of Madison, Inc. was founded in 1974. All cyclists are cordially invited to participate in our rides. Just show up, wear a helmet, and sign a liability waiver. There is no fee unless noted in this schedule. We hope you'll enjoy yourself enough to become a member of the club.

## About Bombay Rides

Bombay rides are scheduled from April through November and go rain or shine. Starting times and starting points are listed in the schedule.

Traditional Sunday Rides have the largest turnout and usually have long, medium and short options. They begin with relatively short distances in the spring, gradually increasing to longer distances by midsummer, and then becoming shorter in the fall. Ride leaders usually organize staggered starts and "sweep" the route. Novice riders should consider taking the short option.

Sunday Brunch Rides - A popular series of leisurely to moderately paced rides will take place on the second Sundays of May, June, July and August. The rides start in the country and follow scenic routes. They will end with brunch at well-known area restaurants. The rides will emphasize socializing and good food. These rides are marked as "BRUNCH".

Saturday Rides - Riders new to the club or preferring a more relaxed smaller-group ride will enjoy Saturday rides. Shorter rides are 25-30 miles; many also have a 40-50 mile

medium loop and some have a long loop. Ride leaders usually organize staggered starts and "sweep" the route.

Wright Stuff Century Practice Rides - Seven of the Saturday rides between 7/9 and 8/28 are designed to be good WSC practice for riders of all abilities. Riding these hilly routes will prepare you to enjoy 9/4 whether you plan 30, 65 or 100 miles. Out of town starts will allow maximum time on hills. These rides are marked as "WSCP".

Tuesday Evening Rides, approximately 30 miles in length, start from Vilas Park shelter and rotate through four different routes. The ride leader provides maps and cue sheets, organizes staggered starts and "sweeps" the ride. These rides are listed in a separate section at the end of the schedule.

Thursday Evening Rides are friendly group rides of about 25 miles, always starting out of town. Participants are encouraged to stay and socialize at a local restaurant following the ride. These rides are listed in a separate section at the end of the schedule.

Overnight Rides - There will be one overnight ride in 2005. It will be supported, so a volunteer will take your gear to the overnight campsite by van. Participants will share food and campsite expenses. Group size is limited by campsite accommodations; we ask that you sign up with the ride leader in advance for this ride. The ride is listed in a special section at the end of the schedule.

Rides are marked as "FOOD" when the club provides refreshments.

## Hilliness Ratings

Mileages and hilliness ratings are stated for the long, medium and short loop options of all Saturday and Sunday rides. Folks, this is art, not science, but we hope it helps you choose rides you will enjoy.

Flat rides feature little or no climbing.

Rides rated Rolling Hills feature relatively gentle hills.

Moderately Hilly rides feature a modest number of climbs that are not unusually steep or long.

Hilly rides have many climbs and some may be quite steep or long.

Very Hilly rides are good choices for riders who really enjoy climbing and descending hills.

We encourage people to ride at their own pace; our rides are not races. Typically, the ride leader will use staggered starts to group riders who ride at a similar pace. Before leaving the starting point each rider gets a map and a cue sheet with turn-by-turn directions for the ride.

While the Bombay Bicycle Club of Madison, Inc. cannot assume responsibility for riders or their equipment, ride leaders will assist riders in any way they can. We require you to wear a helmet and recommend a multi-speed bicycle in safe operating condition. A water bottle is essential (two in summer) and you should be adequately prepared to fix a flat (spare tube, pump, patch kit, tire levers, and know-how).

## Ride Etiquette

We expect participants on Bombay rides to ride predictably, smoothly,

non-competitively, and in accord with Wisconsin laws. Use appropriate hand signals before slowing, stopping or turning, call out "car up", "car back", and "on your left" to alert other riders, and point out road hazards to those following you. Be considerate and respectful of motorists and the residents of the areas we visit.

### Wisconsin State Law

Every person riding a bicycle on a roadway is granted all the rights and is subject to all the responsibilities that apply to operators of a vehicle. Motorists must leave at least three feet of clearance when passing a bicycle.

Bicyclists must leave at least three feet of clearance when passing other vehicles. Bicyclists must use hand signals when turning or stopping unless both hands are needed to control the bicycle. Bicyclists should ride as near as they safely can to the right edge of the roadway, unless preparing to make a left turn. On one-way streets bicyclists may ride as close as possible to the right or left edge of the roadway.

Bicyclists may not ride more than two abreast on a roadway. Bicyclists must have a white light visible from at least 500 feet in front of the bike and a red reflector at least two inches in diameter visible from at least 500 feet to the rear when riding at night. Bicycles must be equipped with brakes in good working order.

### Ride Starting Points in Madison

Elver Park - McKenna Blvd. at Hammersley Road, park shelter

Garner Park - Mineral Point Road and Rosa Road

Lakeview Park - Mendota Avenue at

Allen Blvd in Middleton, park shelter  
Olbrich Park - Monona Drive and Walter Street, beach parking lot

Olin Turville - Lakeside St off John Nolan Drive, south lot

Reindahl Park - E. Washington Avenue at Portage Road

Vilas Park - Vilas Park Drive at park shelter

Warner Park - Sherman Avenue and Northport Drive

### Dane County Starting Points

Barneveld - Hwy 18-151 southwest from Madison to Barneveld Village Park on bike trail

Black Earth - Highway 14 west, 15 miles, Village Park on Highway 78

Brigham Park - Highway 18-151 west to Blue Mounds, north on County Trunk F

Cross Plains - Highway 14 west, 10 miles, west end of Bourbon Street in Cross Plains

Cottage Grove - 10 miles east of Madison, meet at Fireman's Park

Deforest Park & Ride - Highway 51 north to Highway V

Festge Park - Highway 14 west to Scherbel Road between Cross Plains and Black Earth, north up hill to park

Mount Horeb Grundahl Park - Highway 18/151 southwest from Madison, in Mount Horeb turn left on Blue Mounds Road

Lodi - Hwy 113 North to Lodi, Goeres Park is on the north side, meet near the pool

Mt. Vernon - Highway 18-151 southwest from Madison, south on County Hwy G to Mt. Vernon, right on G to Village Park

Paoli - South of Verona on Hwy 69/ County Trunk PB at the town park

Riley - West of Verona on County

Trunk J and Klevenville Riley Road, meet in Military Ridge Trail parking lot

Stewart Park - Follow JG north through Mount Horeb

Stoughton - Mandt Park on South Fourth Street

Sun Prairie - Bird School

Verona Military Ridge Trail: Parking lot at County Trunk PB just south of Highway 18-151 east of Verona

Sauk City Highway 12 across river, straight on 12, after the GM dealer turn right, go north to high school practice fields, park on street

## Saturday & Sunday Rides April

4/3 SUN Vilas 10 AM  
Belleville Breakout  
M-42, Short to Paoli-28 Moderately Hilly  
Visit the French-American village of Belleville with Jim Henkel, 273-1344.  
Email: [jhenkel@charter.net](mailto:jhenkel@charter.net)

4/10 SUN Vilas 10 AM  
Happy Spring-O-Wheeling  
M-45, S-28 Moderately Hilly  
This early season ride takes us to Riley, with an option to Verona. Call Sharon Martinez at 277-0451.  
Email: [smartinez40@sprintpcs.com](mailto:smartinez40@sprintpcs.com)

4/17 SUN Sun Prairie, Sheehan Park,

Central Shelter 9 AM  
L.A.F. Memorial Ride  
L-65/Moderately Hilly, M-35/Rolling Hills, S-20/Flat  
Explore the wetlands of Medina and the rolling hills of Dodge County. Directions in Sun Prairie: take Main Street East, turn south on Bird Street, turn right (west) on Linnerud (across from library and Aquatic Center). Call Dave LeMahieu at 825-8329.  
Email: dlemahieu@yahoo.com

4/24 SUN Vilas 9 AM  
New Glarus  
L-63, M-42, S-28 Moderately Hilly  
Take this scenic ride to the Swiss village of New Glarus, with shorter routes to Paoli and Belleville. Your ride leader is Howard Goldman at 836-0727. Email: hgoldman@itis.com

## May

5/1 SUN Lakeview 9 AM  
Indian Lake Cruise  
L-55, M-40 Moderately Hilly  
Pedal the short loop to Indian Lake County Park where songs of spring birds fill the air. Or stretch your legs on the long loop over hill and dale through Roxbury. Call Dean Schroeder at 256-8813.  
Email: appelsin@aol.com

5/7 SAT Vilas 10 AM  
Tarpelywick Tour  
S-23 Flat TANDEM  
Find out what a Tarpelywick is on this ride to McGaw Park in Fitchburg. Dennis Kosterman is your ride leader, 271-4235.  
Email: dennisk@tds.net

5/8 SUN Olbrich 9 AM  
Bike for Bagels  
L-70 M-55 Rolling Hills FOOD

Cruise through Cottage Grove, Meander through Marshall, and Wind through Waterloo to a Banana-bagel Brunch. Medium ride Does Deansville enroute home. Long ride continues south Round Lake Ripley, through Cambridge Countryside, Hits Hope, and On to Olbrich. Call Sharon Martinez, 277-0451. Email: smartinez40@sprintpcs.com

5/8 SUN Riley Military Ridge Trail Parking Lot 9:30 AM  
Riley Pancake Ride  
M-25, S-15 Moderately Hilly BRUNCH  
Classic ride starting at Riley Tavern and returning for pancakes. Call John Stockham 233-1827.  
Email: jstockham@charter.net

5/14 SAT Black Earth 9:30 AM  
Hyde and Seek  
M-45 Hilly  
A scenic tour through Iowa County. Bring a picnic lunch to eat at our destination, the picturesque Hyde Mill. Call Susan Kavulich at 831-2643.  
Email: skav@chorus.net

5/15 SUN Olbrich 9 AM  
Syttende Mai 64  
L-64, S-32 Rolling Hills  
Stop into Stoughton for the annual celebration of Norwegian independence after passing through Cambridge on this 64-mile round trip. Short loop takes you to Lake Kegonsa State Park. Call Norm Dullum at 222-6047.

5/21 SAT Cross Plains 10 AM  
Weston Wood Vermont Church Ride  
L-40, S-22 Hilly  
Join us for Weston's favorite ride and enjoy a scenic spring bicycle tour. The ride offers the best of bicycle touring, rolling wooded hills and scenic valleys dotted with farms, against the lush green backdrop of Wisconsin in May. Call Levi Wood 277-7959.

5/22 SUN Warner Park 9 AM  
MacKenzie Environmental Center  
L-61 Rolling Hills

Take this relatively flat ride north to the beautiful and educational MacKenzie Environmental Center. Stop in Poynette on the way back for lunch. Contact Ali Dwyer at 294-7161. Email: alidwy@yahoo.com

5/28 SAT Olbrich 9 AM  
March to Marshall  
M-52 Rolling Hills  
Enjoy a relaxed tour through Sun Prairie, Marshall and Cottage Grove with Dennis Kosterman as your guide. Call him at 271-4235.  
Email: dennisk@tds.net

5/29 SUN Lakeview 9 AM  
Gibraltar Rock Romp  
L-60, M-45 Moderately Hilly  
Travel to Gibraltar Rock on scenic town roads. Enjoy the view of the scenic Baraboo hills from the top of Gibraltar Rock. Short option to Lodi. Call John Stockham at 233-1827.  
Email: jstockham@charter.net

## June

6/4 SAT Mt. Vernon 9 AM  
Blast to Blanchardville  
L-63, M-49, S-25 Very Hilly  
A challenging and super-scenic ride in the "driftless area" through Daleyville, Hollandale and Blanchardville. Expect lots of ridgetop riding, but very little traffic. Diane Ramthun is your hospitable ride leader. Call her at 836-0727.  
Email: dianeramthun@charter.net

6/5 SUN Lakeview 8 AM  
Black Earth Hilltopper  
L-75, M-57, S-40 Hilly  
Get a new perspective on Western Dane and Eastern Iowa Counties. This scenic, hilly tour includes rest stops in Black Earth and Cross Plains. Call David Kohli at 294-7161.  
Email: david.kohli@sbcglobal.net

6/11 SAT Reindahl 10 AM  
Keyeser Kaper  
M-37 Rolling Hills

North for a change, nice and easy with no real hills and a visit to the charming general store at Keyeser. With Alvin and Laurie Kutil as your guides. Call Alvin at 334-1449 or Laurie at 334-1159. Email: alvin.kutil@sbcglobal.net or lauriek0728@sbcglobal.net

6/12 SUN Vilas 8 AM  
Swiss Scene  
L-64, M-45, S-30 Moderately Hilly  
Wander the hills to New Glarus and choose from several good lunch spots! Call Alvin Kutil at 334-1449 or Laurie at 334-1159.  
Email: alvin.kutil@sbcglobal.net or lauriek0728@sbcglobal.net

6/12 SUN Lodi Goeres Park 9:30 AM  
Lodi Pancake Ride.  
M-25, S-18 Moderately Hilly BRUNCH  
Scenic ride starting in Lodi and including stops at Gibraltar Rock and a ferry ride across the Wisconsin River. Brunch at Spring Creek Cafe in Lodi. Call Howard Goldman 836-0727. Email: hgoldman@itis.com

6/18 SAT Vilas 10 AM  
Goodland Park Ride  
M-31 Flat FAMILY  
Try out the Goodland Park Ride. It takes you near Goodland Park. You can veer off and go to Goodland Park and jump in the lake!!  
Call Nancy Crabb at 251-8654.  
Email: nancy.crabb@gmail.com

6/19 SUN Olbrich 9 AM  
Cambridge Cruise  
M-53, S-31 Rolling Hills  
Head east over gently rolling farmland to check out the pottery and bakery in Cambridge. Pause at the Koshkonong churches to learn about the Norwegian immigration to America or take the short route to Nora. Call Dennis Kosterman at 271-4235.  
Email dennisk@tds.net

6/25 SAT Vilas 9 AM  
Southern Saunter  
S-28, L-50 Moderately Hilly  
A friendly roll southwest of Madison. The short loop will afford a generous

supply of handpumped water in Paoli. A longer route will take you to Mt. Vernon and a few hills. Contact Ali Dwyer at 294-7161.  
Email: alidwy@yahoo.com

6/26 SUN Reindahl 8 AM  
Tour de Towns  
L-55, M-35, S-17 Rolling Hills  
TANDEM, FOOD  
Ten charming small towns along lightly traveled back roads of northern Dane and southern Columbia counties make a day of enjoyable, relaxing cycling. A "secret" bicycle passage through two Tokens to Token Creek contributes to the fun. Enjoy a light lunch provided by the club, followed by a guided tour at the trout ponds of Culver Springs. Great ride for novice or veteran bicyclist. Call Karl Gutknecht at 244-2432. Email: info@cyclectvi.com

## July

7/2 SAT Elver 10 AM  
Mount Horeb Express  
S-31 Moderately Hilly  
We'll ride to Mount Horeb through Riley, just not on the trail this time. Call Dennis Kosterman at 271-4235. Email: dennisk@tds.net

7/3 SUN Lakeview 8 AM  
Freedom Train  
L-100, M-79, S-44 Hilly  
An old favorite returns! Celebrate independence and ride to freedom -- North Freedom, that is. The route is 100 miles round trip with shorter loops to Devil's Lake and Crystal Lake. No sag wagon or aid stations, but plenty of opportunities to fuel up along the way. Contact Don Michalski at 274-1886.  
Email: dem@sal.wisc.edu

7/9 SAT Cross Plains 9 AM  
Prairie Ridge Nursery Ride  
M-45, S-28 Hilly WSCP  
It's hill and dale to Mt. Vernon, hill and dale to Mount Horeb, then hill and dale some more. This WSCP ride is for riders

of all abilities and it could become one of your favorites. Restaurants and stores at Mount Horeb. Call Dennis Kosterman at 271-4235. Email: dennisk@tds.net

7/10 SUN Lakeview 8 AM  
Fish Lake Fling  
L-65, M-54, S-34 Moderately Hilly  
Head north to Fish Lake and bring a picnic lunch to enjoy at Fish Lake County Park or choose the long loop and eat in Sauk City. Short option to Dane. You'll encounter a few hills on this ride with Dory Blobner. Call her at 849-7263.  
Email: dory.blobner@deancare.com

7/10 SUN Mount Horeb, Military Ridge Trail Parking Lot 9:30 AM  
Mount Horeb Brunch Ride  
M-25, S-18 Moderately Hilly  
BRUNCH  
Moderately hilly loop ride starting at Mount Horeb. Stop for pancakes in Riley. Call Kerry Stevens 204-9651.  
Email: stevenscpa@charter.net.

7/16 SAT Barneveld 9 AM  
Brigham-Vermont 50  
M-50, S-30 Hilly WSCP  
This WSCP ride takes you on a few of the roads used by Bombay's big one. Restaurants and stores at Mount Horeb for both loops. Call Tenny Albert at 249-9565. Email: tenny@chorus.net

7/17 SUN Elver 8 AM  
Blue Mound View  
L-63, M-46, S-35 Hilly  
Enjoy a spectacular panorama from the top of Blue Mound on this hilly ride, followed by an exhilarating descent down Mounds Park Road. Shorter routes to Cross Plains and Mount Horeb. Call Nancy Crabb at 251-8654. Email: nancy.crabb@gmail.com

7/23 SAT Paoli 9 AM  
On The Cheesehead Trail  
M-43/Hilly, S-22/Moderately Hilly  
We'll ride the roads of Green and Dane counties retracing the first tracks of Wisconsin's original Cheesehead. Along the way we'll see cheese being made from start to finish. We'll observe the grass! We'll wonder at the cows

producing milk in pastures before our very eyes! We'll marvel at the cheese stores in Paoli and New Glarus. Call Jim Roberts at 608-882-0554. Email: wi.maverick@usa.net

7/24 SUN Lakeview 9 AM  
Dare Devil's Lake  
L-88, M-55, S-24 Hilly FOOD  
Ride through Martinsville and Roxbury. Turn back at the Merrimac Ferry or continue to Devil's Lake, where you can cool off if you dare. Return via lovely Lodi. Medium route goes to Lodi. Refreshments at the end of the ride. Call Steve Judy at 213-8725. Email: stevejudy@charter.net

7/30 SAT Stoughton-Mandt Pk 9 AM  
To the Border and Back!  
L-70, M-42 Moderately Hilly  
WSCP FOOD  
Ride from Stoughton to the Illinois border and back. Not all on the same roads, of course. Experience more hills than you would expect on beautiful tree-shaded roads. Supported stop at the halfway point at historic Beckman Mill Park. Call Todd Marcotte at 608-205-9546. Email: tmarcotte@charter.net

7/31 SUN Olbrich 8 AM  
Aztalan Odyssey  
L-65, M-36, S-24 Rolling Hills  
Visit one of Wisconsin's most important archaeological sites showcasing an ancient middle Mississippian village dating to 1000 AD. Call Tenny Albert at 29-9565. Email: tenny@chorus.net

## August

8/6 SAT Cross Plains 10 AM  
WITRI Loop  
M-39 S-27 Moderately Hilly WSCP  
Why try Bombay's version of the loop

portion of the Wisconsin Ironman? Well, because your WSC practice rides will seem easy if you think of those athletes who ride this loop twice after a fast swim and go on to run a marathon. Call Bill Rhoads at 233-0604.

8/7 SUN Lakeview 9 AM  
Lodi is Lovely  
M-40, S-32 Moderately Hilly  
Lodi is lovely this time of year. Wander the back roads and stop off for a bite at the local establishments. Enjoy good company and new friends. Call Dory Blobner at 849-7263. Email: dory.blobner@deancare.com

8/13 SAT Barneveld 9 AM  
Mineral Point for Sure!  
L-57, M-30 Hilly WSCP  
Cycling is challenging and lovely way out yonder west-southwest of Madison. Stop for a good lunch, visit an artisan shop, or nap in the shade in charming Mineral Point. Call Jo Solms at 767-2467. Email: johannasolms@yahoo.com

8/14 SUN Elver 8 AM  
West by Northwest  
L-62, M-52, S-30 Very Hilly  
Head West by Northwest in search of downhills. Don will take you on as many as possible. Call Don Michalski, 274-1886. Email: dem@sal.wisc.edu

8/14 SUN Cottage Grove - Fireman's Park 9:30 AM  
Cambridge Brunch Ride  
M-28, S-15 Rolling Hills BRUNCH  
Scenic ride through the rolling drumlin terrain of eastern Dane County. Brunch in Cambridge and return to Cottage Grove. Call Bob Kay at 257-6566. Email rakkay@aol.com

8/20 SAT Barneveld 9 AM  
Barneveld-Ridgeway Options

L-77 or 69, M-45 or 38, S-30 Very Hilly WSCP

From a base loop, you can choose from four optional routes into the lovely hills and valleys. You'll want to do them all! Call Jack Graham, 767-2467. Email: jlgraham@wiscmail.wisc.edu

8/21 SUN Lakeview 9 AM  
Martinsville Meander  
L-65, M-45, S-30 Moderately Hilly  
Head out west to the Wobegon community of Martinsville and watch the grass grow. Hills for the heart and vistas for the mind guaranteed. Call Jay Martin at 233-2818. Email: martin@engr.wisc.edu

8/27 SAT Grundahl Park Mt. Horeb 10 AM  
Mount Horeb Vistas  
M-40, S-26 Hilly WSCP  
A fitting finale to our WSCP ride series and a good choice for new riders as well. Restaurants and stores on long loop, bring your own snack on short loop. Call Sarah Grimes, 437-6175. Email: se.grimes@hosp.wisc.edu

8/28 SUN Paoli 9 AM  
Watermelon Ride - PICNIC  
L-75, M-53, S-31 L-Hilly, M/S-Moderately Hilly FOOD  
Head SW to picturesque Green County where you'll be able to participate in a pleasant picnic hosted by that gentleman farmer Mike, who will provide us with a mouth-watering repast. Contact Mike Gengler at 1-608-938-4549. Email: michael.gengler@cna.com

## September

9/4 SUN Tyrol Basin, Mount Horeb 7:30 AM  
BBC's Wright Stuff Century  
L-100, M-66, S-30 Hilly

## FOOD-LOTS!

Let's do some hills! You'll enjoy miles of the area's most scenic back roads. The hilly 60 and 100-mile routes include Frank Lloyd Wright's Taliesin Visitor Center at Spring Green. The 30-mile loop is flat enough for that first "long ride." Start with a full water bottle and finish with the welcome back buffet. Support services include rest stops with loads of good snacks, mechanical assistance, sag-wagon/sweep, and musical entertainment. FEE. For information call Melissa Adams at 213-5963.

Email: adamsml@dhfs.state.wi.us

9/10 SAT Paoli 9:00 AM  
The Paoli-New Glarus Circle  
L-60, S-27 Moderately Hilly  
From the town pump in Paoli, spin east and south for a stop at Albany; then push on to New Glarus for lunch. Return via the scenic Primrose ridge. Short loop heads more directly to New Glarus. Call Ann Pollock at 231-3593 or Jan Hansen at 836-9512. Email: apollock@library.wisc.edu or jhansen62@yahoo.com

9/11 SUN Lakeview 9 AM  
Sauk City Sally  
L-66, M-41 Moderately Hilly  
Wind your way round Western Dane County, crossing the Wisconsin River to Sauk City, with Dennis Kosterman as your host and guide. Call Dennis at 271-4235. Email: dennisk@tds.net

9/17 SAT Sauk City 10 AM  
Baraboo Range Up-N-Over  
M-42, S-28 Hilly  
Test your climbing skills going up and try not to become airborne coming down. This ride is as pretty and exciting as they come. Carol's Railroad restaurant in North Freedom 'till 2:00, bring your own snack if doing short loop. Call Paul Matteoni at 242-1549.

Email paul\_matteoni@hotmail.com

9/18 SUN Olbrich 9 AM  
Bop Through Bristol  
L-78, M-62, S-38 Rolling Hills  
Enjoy ridgetop views of rural Cottage Grove, trek through the wetlands of Medina, and loop through the rolling hills of Bristol. Call Dave LeMahieu at 835-8329.

Email: dlemahieu@yahoo.com

9/24 SAT Brigham Park 10 AM  
The Hyde Ride Reborn  
L-48, S-23 Hilly  
We'll take a lovely tour of the lands south of Military Ridge and rest in the shade at Barneveld. Then it's on to the Hyde Mill and a hilly ride to Brigham County Park. Call Nancy Wiegand at 263-5534 (w).

9/25 SUN Lakeview 9 AM  
Lendved Homestead Pumpkin Pie Ride  
L-60, M-34 Hilly FOOD  
"If you don't know where you're goin', any road will take you there."

-- George Harrison

Skirt the Ice Age Trail on this hilly ride to Mt. Lendved. Go the full 60 miles for homemade pumpkin pie at the homestead, or take the short option through Dane and Waunakee. G. Rae Van Sluys leads at 238-1662.

Email: grae@chorus.net

## October

10/2 SUN Lakeview 9 AM  
Winery Tour  
L-55, M-35 Moderately Hilly  
Don't miss this fall classic, the Wollersheim Winery Bacchanalia. Grape-stomping contests, tours of the wine cellar, and tasty samplings make this trek worth the effort. Call Bob Steinberg at 848-3461.  
Email: cmestein@chorus.net

10/9 SUN Olin 9 AM  
Historic Cooksville  
M-55, S-26 Moderately Hilly  
Enjoy the fall foliage on your way to tour the New England-style village of

Cooksville. Short option to Oregon. Call Lou Bruch at 849-5352.

Email lwbruch@wiscmail.wisc.edu

10/16 SUN Vilas 9 AM  
Wingra-Waubesa Wander/Brooklyn Bop  
L-54, S-22 Rolling Hills  
Bop through the quiet rolling countryside south of Madison on your way to the town of Brooklyn and dine at the elegant KK (Kounty Korner's bar). The short loop takes you to Oregon. The Wingra-Waubesa portion incorporates part of the Capital City Trail (trail pass required). Call Deb Larson at 838-6713.  
Email deb\_larson@mcfarland.k12.wi.us

10/23 SUN Vilas 10 AM  
Pedaling Around Paoli  
M-50, M-43 option, S-30 Moderately Hilly  
Short and medium routes are the classic Paoli and Belleville rides; long route adds 20 hilly miles west and south of Paoli. Call Dennis Kosterman@271-4235.  
Email dennisk@tds.net

10/30 SUN Vilas Park 10 AM  
Happy Halloweening  
M-47, S-29 Moderately Hilly  
This late season ride takes us to Riley, with an option to Verona. Call Don Michalski at 274-1886. Email dem@sal.wisc.edu

## November

11/6 SUN Vilas 10 AM  
The Oregon Icer  
M-36 Flat  
It's warmer down south, so pedal south to Oregon. Stop for a mug of hot chocolate that will heat you up for the return trip. Call Jim Peters at 831-2643.  
Email jbpeters@chorus.net

11/13 SUN Vilas 10 AM  
Belleville - BRRR!  
M-43 Moderately Hilly  
Another chilling challenge for bicyclists. A 43-mile round trip to the village of Belleville with Nancy Wiegand. Call her

at 263-5534 (w).

11/20 SUN Lakeview 10 AM  
Waunakee Here We Come  
S-25 Rolling Hills  
Bike to the only Waunakee in the world and eat hearty at the Spring Garden Restaurant in the Village Mall on Hwy. 113. If it's snowing, drive to the Spring Garden Restaurant anyway and join Maxine Austin for brunch. Call her at 238-8714. Email: dennismaxine@yahoo.com

11/27 SUN Garner Park 10 AM  
Freezaroo 30  
L-30, S-15 Moderately Hilly  
This late-season chiller has some warming hills, plus a coffee stop in Cross Plains, the halfway point on this 30 mile ride. Sam Gabelt, 233-0623, leads the way.

## Overnight Ride

9/24-9/25 SAT-SUN Lakeview 9 AM  
Devils Lake Overnight  
L-35 (SAT) + 35 (SUN) Hilly  
You can either throw your camping gear in the van, or strap on the panniers and carry your gear with you. We'll plan to arrive in plenty of time to set up camp and relax or take a hike before dinner. We'll share cooking, food expenses and campsite fees. The ride will be limited to 18 people due to reserving camping sites at Devil's Lake. Please contact John Rider at 663-8874 to sign up and get more details. Email: jrider@tds.net

## Tuesday Evening Rides

Off to a fresh start this year, Bombay's Tuesday evening rides will run from May through August. This series is now targeted exclusively to members and guests desiring a brisk (14-19 mph), yet non-competitive and law-abiding ride experience. Riders meet at the Vilas

Park shelter at 5:45 p.m. on Tuesdays for rides of roughly 30 miles. Rides will be led and swept by Bombay board members, who will obtain waivers, hand out maps and cue sheets, and do their best to group riders of similar riding abilities. For information, call Dennis Kosterman at 271-4235. Email dennisk@tds.net

- 5/3 Ride to Paoli
- 5/10 Ride to Goodland Park
- 5/17 Ride to Oregon
- 5/24 Tour of Nine Mounds
- 5/31 Ride to Paoli

- 6/7 Ride to Goodland Park
- 6/14 Ride to Oregon
- 6/21 Tour of Nine Mounds
- 6/28 Ride to Paoli

- 7/5 Ride to Goodland Park
- 7/12 Ride to Oregon
- 7/19 Tour of Nine Mounds
- 7/26 Ride to Paoli

- 8/2 Ride to Goodland Park
- 8/9 Ride to Oregon
- 8/16 Tour of Nine Mounds
- 8/23 Ride To Paoli
- 8/30 Ride to Goodland Park

Note these changes for Tuesday rides:

- New start time of 5:45
- Ride swept by BBC officers
- 14-19 mph

## Thursday Evening

## Rides

Each Thursday at 5:45, we'll gather at the designated starting point and a tour leader will guide you on a friendly group ride of about 25 miles.

After the ride, meet at a local restaurant to replace fluids and calories and swap biking stories with your fellow riders. For the rides designated "pot luck", bring your own plates and utensils, beverage, and a dish to share.

Thursday rides are considered BBC's Social/Leisure rides and a great night for new riders to get a feel for club rides and to get to know fellow riders. Rides are designed to be at a slower pace, generally between 12-15 mph and around 25 total miles. Everyone enjoys the "eats and talking" afterward. New riders are welcome!

For more information, contact Dave at dmpeter4@wisc.edu or Dean at appelsin@aol.com.

- 5/5 Oregon
- 5/12 Sun Prairie
- 5/19 Cross Plains
- ~~5/26 Verona~~
- 5/12 Sun Prairie

- 6/2 Mount Horeb POT LUCK  
Bill Welch and Mark Zee  
Memorial Ride

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6/9 Cross Plains  
 6/16 Oregon  
 6/23 Waunakee  
 6/30 Verona

7/7 Cottage Grove POTLUCK  
 7/14 Mount Horeb  
 7/21 Oregon  
 7/28 Cross Plains

8/4 Cottage Grove  
 8/11 Mount Horeb  
 8/18 Waunakee  
 8/25 Oregon

9/1 Mount Horeb  
 9/8 Waunakee POTLUCK

Cottage Grove - Fireman's Park parking lot on Clark Street, one block west of Hwy. N.

Verona - West side of Cozee Inn parking lot on the north side of Verona Ave. Look for the water tower.

Cross Plains - Shopping Center Parking lot behind Culvers, north side of Hwy. 14, east of Hwy. P.

Sun Prairie - Bird School, 1100 N. Bird Street. From MADison, follow Hwy 151 to Windsor St. exit (Hwy. 19). Turn left (north) on N. Bird St. 5/5

### Thursday Evening Ride Starting Points

Waunakee - Prairie Elementary School, 700 N. Madison Street, turn north from Main St. (Hwy 113).

Oregon - W. Richards Rd, adjacent to Oregon Plaza Shopping Center on North Main Street (Hwy. MM).

Mount Horeb - Military Ridge Bike Trail parking lot between 1st and 2nd Streets, 1½ blocks south of Main Street.

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Continued from page 6

by a friend in California who wanted companions for his pedal back to Wisconsin. G.Rae needed a break from her job, and Shirlee was fancying a special guy (who happens to be Mr. Lendved), so they chose to pedal across the western U.S. A route was devised from Bikecentennial (now Adventure Cycling Association) maps. Encounters with this group eventually led to G.Rae's participation in a leadership course and two subsequent tours in 1988 and 1990 through Glacier-Banff-Jasper and the Grand Tetons/Yellowstone. Proves the truth of George Harrison's lyrics, "If you don't know where you're goin', any road will take you there" (on a bike). (G.Rae and Shirlee happen to be Harrison fans.) Meanwhile, Shirlee and Mr. (Dave) Lendved married in May of 1986 and started a huge garden and family in view of Gibraltar Rock. It just followed naturally that Shirlee would stay in the cycling loop by treating BBC riders to homemade pies baked from pumpkins grown in her garden as long as G.Rae would lead (or sag) the way.

"On your left" and other tips to help you understand...

## How to Ride in a Group

Riding in a group is one of life's more enjoyable activities. Cycling with friends, traveling rapidly and safely with confidence in your companions, is a joy. However, there is a certain cycling etiquette, or rules of the road, of which



you should be aware whenever cycling in a group.

- **Be predictable** Group riding requires even more attention to predictability than riding alone. Other riders expect you to continue straight ahead at a constant speed unless you indicate differently.

- **Use signals** Use hand and verbal signals to communicate with members of the group and with other traffic. Hand signals for turning and stopping are as follows: left arm straight out to signal a left turn; left arm out and down with your palm to the rear to signal slowing or stopping; and for a right turn, put your right arm straight out or put your left arm out and up.

- **Give warnings** Warn cyclists behind you of changes in your direction or speed. To notify the group of a change in path, the lead rider should call out "left turn" or "right turn," in addition to giving a hand signal. The lead rider should announce the turn well in advance of the intersection, so that members of the group have time to position themselves properly for the turn.

- **Change Positions Correctly** Generally, slower traffic stays right, so you should try to pass others on their left. Say "on your left" to warn the cyclist ahead that you are passing. If you need to pass someone on the right, say "on your right" clearly since this is an unusual maneuver.

- **Announce hazards** When riding in a group, most of the cyclists do not have a good view of the road surface ahead, so it is important to announce holes, glass, gravel, grates, and other hazards. Indicate road hazards by point down to the left or right, and by shouting "hole," "bump," etc., where required for safety. Everyone in a group should be made aware of hazards, but everyone does not need to announce them.

- **Watch for Traffic Coming from the Rear** Even when you are occupying the

proper lane position, it often helps to know when a car is coming. Since those in front cannot see traffic approaching from the rear, it is the responsibility of the riders in back to inform the others by saying "car back." Around curves, on narrow roads, or when riding double, it is also helpful to warn of traffic approaching from the front with "car up."

- **Watch Out at Intersections** When approaching intersections requiring vehicles to yield or stop, the lead riders will say "slowing" or "stopping" to alert those behind to the change in speed. When passing through an intersection, some cyclists say "clear" if there is no cross traffic. This is a dangerous practice that should be abandoned. It encourages riders to follow the leader, letting others do their thinking for them. Each cyclist is responsible for verifying that the way is indeed clear.

- **Leave a Gap for Cars** When riding up hills or on narrow roads where you are impeding faster traffic, leave a gap for cars between every three or four bicycles. This way motorists can take advantage of shorter passing intervals and eventually move piecemeal around the entire group.

- **Move Off the Road When You Stop** Whether you are stopping because of mechanical problems or to regroup with your companions, move well off the road so you don't interfere with traffic. When you start up again, each cyclist should look for and yield to traffic.

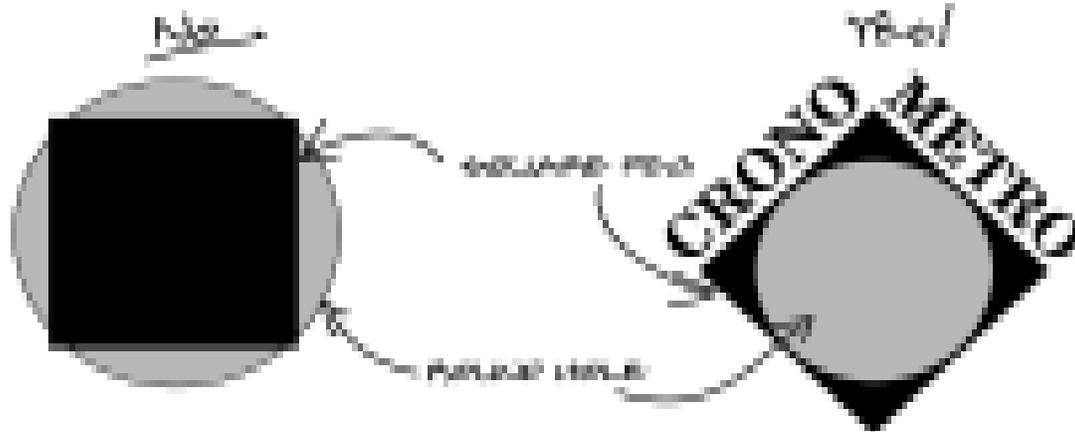
- **It's a two-way street . . . don't contribute to road-rage or cause a bad situation to escalate by poor riding habits.**

- **Motorists must leave at least three feet of clearance when passing a bicycle. Bicycles must leave at least three feet of clearance when passing other vehicles.**

- **Ride One or Two Across** Know what the law is in Wisconsin. Every person riding a bicycle on a roadway is granted all the rights and is subject to all the responsibilities that apply to operators of

Continued on page 19

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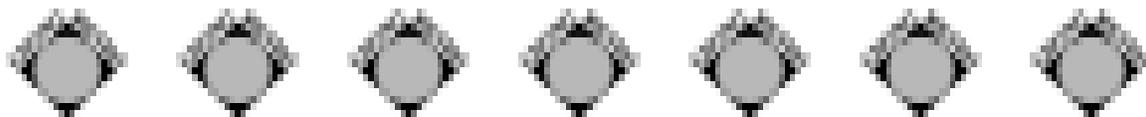
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Continued from page 16

a vehicle. Motorists must leave at least three feet of clearance when passing a bicycle. Bicycles must leave at least three feet of clearance when passing other vehicles.

--Reprinted from *Bicycle USA*, magazine of the League of American Bicyclists

From the Wisconsin Bicycle and In-line Skate Laws, Section 346.80 (3)

(a) Persons riding bicycles upon a roadway may ride 2 abreast if such operation does not impede the normal and reasonable movement of traffic. Bicycle operators riding 2 abreast on a 2-lane or more roadway shall ride within a single lane.

(b) Persons riding bicycles upon a roadway may not ride more than 2 abreast except upon any path, trail, lane or other way set aside for the exclusive use of bicycles.

### Call for Newsletter Ideas

If you would like to contribute ideas and articles or assist with editing the BBC Club newsletter please contact Rosemary Tenuta-

Welch at [tenutarose@charter.net](mailto:tenutarose@charter.net). It is our goal to cover a variety of topics of interest to local bikers and appeal to riders at all levels.

## Absolutely True Things About Bike Maintenance

- It must be done.
- It should be done regularly. Like cleaning a toilet, weekly maintenance is a snap; wait too long and the whole job is disgusting.
- A fresh drive train is easier to pedal.
- Nothing breaks when you're just riding along; there's always a reason. Find it and fix it in your driveway which is always easier than fixing stuff out on the road.
- On a ride you'll always need the tool you didn't pack.
- Don't try to pack every tool - they're too heavy and your bike will outsmart you anyway.
- Nobody cleans and lubes the chain

enough.

- A new bike fixes everything!

--Reprinted From *Bicycling Magazine*

**Budget Bicycle Center**

New Service:  
1000 Regent St.  
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Repair Service:  
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508-884-1111

Clothing & Accessories:  
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**The Baby Jogger**

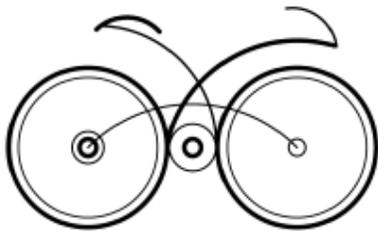
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Experience the ultimate in convenience when you jog with the baby jogger and in one convenient, maneuverable design, baby jogger and the perfect choice for your baby's first jog.

**Budget Bicycle Center**

<p>ExtraOrdinary Reflections, the newsletter of the Bombay Bicycle Club of Madison, Inc., is published five times per year. Please e-mail comments, articles, photos, and letters to the editor to Rosemary Tenuta-Welch, editor of ExtraOrdinary Reflections, at <a href="mailto:tenutarose@charter.net">tenutarose@charter.net</a></p>	<p>Membership Information and Renewals: Please check the expiration date on your mailing label. When you renew, please be sure to include notice of any address change that may have occurred. Please note that a waiver of liability is required of all ride participants. Forms are available at all ride starts.</p>	<p>Acknowledgments: This newsletter is published through the efforts of the Board and of many volunteers. Most of the costs of the newsletter are covered through advertisements placed by area bike shops and businesses. Please patronize our advertisers.</p>		
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