

The New and Improved - Bike Wisconsin® e-Newsletter
Published by Two Bicycles and a Map, Ltd., www.bikewisconsin.com
An irregular e-Newsletter about Bike Wisconsin® and beyond!

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“Bicycling is a big part of the future. It has to be. There’s something wrong with a society that drives a car to work out in a gym.”

Bill Nye (the Science Guy!).

THIS MONTH IN THE “HAPPY NEW YEAR!” ISSUE –

CALLING ALL VOLUNTEERS!

Volunteers are still needed for GRABAAWR® and SAGBRAW® tours. We still have several openings for Site Coordinators, Rider Service Assistants, PM Rider Assistants, Yoga/Stretching leaders, Security and Medical Volunteer. Most volunteer positions require riders give up one day of riding in exchange for a tour discount. Enrich your Wisconsin cycling experience by volunteering. See behind the scenes of a bicycle tour and assist fellow riders in having an even more awesome time on their tour. Volunteers need to be outgoing, dependable, versatile, and have a good sense of humor. Our website has information about volunteering and thumb-nail descriptions of the positions.

<http://www.bikewisconsin.com/Volunteers/index.html>

We like to think that our volunteers make Bike Wisconsin tours the best bicycle tours in the country. Have fun, work hard, and make new life-long friends by being a Bike Wisconsin Volunteer.

A FEW TOUR TEASER HIGHLIGHTS FOR 2010

Routes for GRABAAWR®, Bike Northwoods, and SAGBRAW® are beginning to shape up. Final mileages and routes are coming into focus, but they really won’t be set until the spring ‘drive-overs.’ For **GRABAAWR®**, a unique extended route option between Tomahawk and Merrill will take adventurous riders west and add another fabulous “grade” challenge to their ride: **Timm’s Hill**, the highest point in Wisconsin. Climb the hill, climb the fire tower, and drink in the northwoods view.

Bike Northwoods will traverse new territory and many new overnight towns. Expect warm hospitality and many smiles along the route. With Luck, we’ll catch some “northwoody” activities in Hayward.

SAGBRAW® for 2010 will be a first-ever loop tour for the grand-dad of all Wisconsin bicycle tours. The hearty burg of Mishicot, a perennial winner in the SAGBRAW® daily rest stop contest, will roll out the red carpet as they take their first-ever overnight stop. Expect great fun there. Our stop in Green Lake will coincide with the opening of the fabled Green Lake County Fair. Expect plenty root beer floats, fair food, and fun for all to fuel riders before the ride back to Columbus.

WINTER DISCOUNT DEADLINE JANUARY 31

Need something to warm up these winter nights? How about a fantastic deal on a FANTASTIC bike tour? But don’t hesitate...the Winter Discount Deadline is fast approaching for GRABAAWR®, the Bike Northwoods Tour, and SAGBRAW®! The Winter Discount ends January 31 at midnight so don’t miss out. For details, visit...

<http://www.bikewisconsin.com/Register/RegistrationindexWI.html>

SEE US AT THE MADISON BIKE SWAP

19th Annual Cronometro Bike Swap

When: Saturday, January 9, 2010

Time: 9:00 AM to 3:30 PM

Where: Exhibition Hall at the Alliant Energy Center

More info <http://brazendropouts.org/pages/events/swap>

Stop by and say hi to Mark and Walter, they'd love to see you!

END OF JANUARY GET-TOGETHER

Meet other bikers, enjoy tasty food, good spirits and cool prizes on Thursday evening January 28th at a warm bike-friendly Madison location. More info to follow soon...

SOME NEW AND IMPORTANT BIKE WISCONSIN® FUN LINKS

The new improved Bike Wisconsin® Forum (stop by, contribute, and be part of the community)

<http://www.bikewisconsinforum.com>

Check out the new Bike Wisconsin® Blog (read all about it!)

<http://www.bikewisconsin.com/BWBlog/index.html>

Bike Wisconsin® Tour Facebook Pages (become a FAN!)

GRABAAWR®

<http://www.facebook.com/pages/Madison-WI/GRABAAWR/121879043365?ref=ts>

Bike Northwoods

<http://www.facebook.com/pages/Bike-Northwoods/123425594925?v=wall&ref=ts>

SAGBRAW®

<http://www.facebook.com/pages/Madison-WI/SAGBRAW/123494207028?v=wall&ref=ts>

A SHOUT OUT TO ALL WINTER BIKERS

A tip o' the hat to all you winter bikers – whether you are commuting on a rugged ice bike or lucky enough to be under sunny skies somewhere on your roadie. For those on the ice, remember to take extra precautions on the wintry roads and paths. If you are new to Winter biking, and you bike in a wintry locale, consider studded tires on those icy surfaces. Dress in layers, protect your hands, feet, and face, and be sure to have fresh batteries for your lights for those dark hours at the end of the day. For those lucky enough to have dry roads and pleasant temps, be sure to limber up before your training rides. These early season rides may be short but you still need your fluids and snacks. Indoor trainers are always an option. A simple magnetic or fluid trainer, iPod, or a television and DVD (to reduce the boredom) will get you by in a pinch. 25-35 minutes on a trainer per day will keep the cobwebs off your muscles and maintain your cardio during the cold of winter. Even bundling up and taking a brisk walk 3-5 times a week is a great way to keep your body in tune. Then when spring ride season starts up, you'll be one step ahead.

1 WORLD 2 WHEELS: Make biking more than just a seasonal hobby... and create change!

In many countries around the globe, bicycles account for 20, 30, even 40 percent of all trips made by residents. Unfortunately, that is not the case in the United States. While bicycling in the USA – especially fitness riding - is on the rise, and bike business is booming, bicycle use as a utility method of getting around could be improved. In the United States less than 1% of all transportation trips made are made by bicycle. Compare that to Denmark (20%) and the Netherlands (30%). Walking in the US accounted for 9% of trips made, while Denmark counted 21% and Sweden counted 39%!

Research shows that 24% of all trips occur within one mile of the home, while 40% are two miles or less. 50% of the working population commute five miles or less to work each day. If you consider that 60% of automobile pollution is created in the first few minutes of operation (under two miles) eliminating these typical short trips would go a long way towards reducing our personal 'carbon footprint.' Trek's "**1 World 2 Wheels**" program provides information and support for citizens who wish to make a difference in their lives and the quality of life in their communities by taking the small step of using 2 (people powered) wheels for short trips instead of 4 (gas powered) wheels.

Visit "1World 2 Wheels" by clicking the link below to learn more:

<http://www.1world2wheels.org/get-involved>

See you on tour in 2010!

Happy Cycling and Happy New Year from everyone at Bike Wisconsin®!

Hope everyone had a fabulous and fun holiday season

Questions or comments are always encouraged at info@bikewisconsin.com

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