



December 2002
January 2003

Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

It's Toys for Tots Time Again!

Attention hearty bikers! Come one, come all! Even if you don't ordinarily ride in the winter, don your warmest clothes, some shoe booties, chemical heat packs and join us for the third annual Toys for Tots ride.

It doesn't take anything more special than a big heart when it comes to kids. We will meet at the Golden Valley D'Amico's Restaurant (7804 Olson Memorial Highway; phone number 763-546-1166) on December 7, 2002. Arrive early enough so you are ready to ride at 3:45. Don't be late; we have to be at the Toys for Tots tent for the 5:00 news broadcast. We will ride 6-12 miles to the KARE 11 studios to drop off toys collected by HBC riders and D'Amico Restaurants during the weather segment of the newscast. Afterwards, D'Amico's will host a gathering in the restaurant for warming up, refreshments, socializing, and sharing the holiday season with good friends.

Tom Renner has volunteered to drive sag and to haul toys again this year. Chuck Sunder has volunteered to plot our course. (Thanks, guys.) D'Amico's has volunteered to be a toy drop location and to host our event. (Please express your

Smart Cycling Series

Mark your calendar for January 25th, the first of three Smart Cycling Series. The topic for January will be on Winter Cycling. The presentation will be made by REI. Potluck dinner followed by program. For the potluck, bring your favorite dish to share (main dish, salad, appetizer or dessert). The club supplies plates, cups, silverware, napkins and drinks. Gather at 5:30PM; dinner at 6PM; followed by program at 7PM. The location is Cross Lutheran Church, 6645 McCauley Trail, Edina. Please use lower level entrance and avoid the upper entrance, as there is a 5PM worship service at the church. Meet in room 209. Volunteers are needed for setup and/or cleanup. To volunteer or for information contact Paula Zandstra 651-486-6404 Mary Courtier 651-647-9044

If there are any questions you can contact me, Dan Reuter 612-845-8966 or Email, dreuter@bachmans.com.☞

thanks to them, as they have been really good to HBC riders.) Now all we need are riders, bikes, and lights (head lights, tail lights, and don't forget the Christmas lights). Check the website for pictures from last year's ride. No matter what the temperature, this event will be one of the warmest winter activities you will participate in.

Come out and join us. If you have questions about the ride, what to wear, etc. feel free to email me at cburbank@worldnet.att.net or phone at 612-529-4247.☞

Etoile du Nord Winners!

Since the end of our cycling year was October 31st, we can announce that 26 club members earned the coveted "Etoile du Nord" jersey in 2002. To earn this jersey, members had to ride at least 1000 miles, lead three rides and perform a volunteer activity. The members who earned the jersey are:

- | | |
|------------------|---------------------|
| ☞ Bruce Beck | ☞ Michael McNutt |
| ☞ Sue Blum | ☞ John Miller |
| ☞ Chris Burbank | ☞ Cheryl Norton |
| ☞ Mary Burbank | ☞ Mark Norton |
| ☞ Bob Dean | ☞ Lucia Pierson |
| ☞ Laurie Dineen | ☞ Marion Schweich |
| ☞ Andy Emerson | ☞ Chuck Sunder |
| ☞ Judy Emerson | ☞ Wilbur Thomas |
| ☞ John Escritt | ☞ Rohanda Victorson |
| ☞ Edie Kalwait | ☞ Nancy Wall |
| ☞ Marcy Kelash | ☞ Leon Webster |
| ☞ Mike Leibfried | ☞ Alan Wichman |
| ☞ Russ Lothian | ☞ Judd Zandstra |

Leon will contact these individuals to determine their preferred jersey size (the jerseys are made by Pyro, like the club jerseys and the Tour D'Amico jerseys). The jerseys will be presented at the Spring Appreciation Banquet.

If you believe you qualified for the Etoile du Nord award but your name is not on the list, please contact Leon Webster as quickly as possible.

Special notice goes to Laurie Dineen who rode 310 miles in October, and Alan Wichman who rode 409 in October. Remember that October was one of the coldest and wettest months on record. Russ Lowthain get's the "skin of the teeth" award for qualifying with 1002 miles.☞

Our Rules

HBC insurance protects only HBC members. HBC requires all riders to be members so everyone can enjoy the benefits of our insurance. Leaders will have both regular membership applications and \$2 one-day membership applications. HBC's insurance does not cover non-biking activities.

HBC requires helmets on all its rides. No exceptions. HBC also suggests a spare inner tube, a patch kit, and a small tool kit.

All riders must ride in a safe manner. You must obey all traffic laws. You are responsible for your own safety. ☞

Ride Key

Ride times in the schedule are *departure times*. Arrive 15 to 20 minutes before departure. Sign in on the form provided. Five minutes before departure the ride leader will distribute maps or cue sheets (unless it's a mapless ride), go over the route, review potential hazards, and give other instructions.

Rides are divided into Fast (F), Sports Touring (ST), Touring (T), Social (S), Night (N), and Off-road (O) categories. On gently rolling terrain you should be able to maintain the following average speeds: F 18 mph, ST 14 mph, T 12 mph, S 10 mph, N 12 mph. Averages are measured while you are in motion. Most cyclometers have a setting for this. To average a certain speed you should be able to maintain a pace 2 mph faster than the average.

On F, ST and O rides, riders are expected to be self-sufficient. The leader will ride anywhere. On T, S and N rides the leader will ride in the rear and assist with repairs and other problems.

Rest stops for F rides are at the leaders discretion; for ST rides every 20 to 35 miles; for T rides every 15 to 20 miles, and for S rides every 10 to 15 miles. ☞

Activity Schedule

MON 2 DEC 7:00 PM	HIAWATHA BICYCLE CLUB DECEMBER BOARD MEETING Meet at Black Bear Crossing located at 831 Como Avenue in St. Paul. All members are invited to participate. Call Bruce Beck for details at 651-770-5463.
Sat 7 Dec 3:45 PM ST 6-12 miles ROLLING	TOYS FOR TOTS D'Amico's Restaurant, Golden Valley See article in newsletter. Mary and Chris Burbank 612-529-4247
WED 1 JAN 11:00 AM T 2-16 mi. FLAT	SNOWMAN RIDE Meet at the south end of the Target parking lot at Highway 36 and McKnight in North St. Paul. We will ride in North St. Paul or possibly around Phalen Lake. Route and Distance will depend on weather and road conditions. Lunch after at the Tap N Grill. Ride your winter bike and dress warmly. Bruce Beck 651-770-5463
MON 6 JAN 7:00 PM	HIAWATHA BICYCLE CLUB JANUARY BOARD MEETING Meet at Black Bear Crossing located at 831 Como Avenue in St. Paul. All members are invited to participate. Call Bruce Beck for details at 651-770-5463.
MON 13 JAN through SUN 19 JAN 10:30 AM ST 25-45 mi. ROLLING	QUEEN OF THE CONCHO Hawthorn Inn 1355 Knickerbocker Rd San Angelo TX Rides in the West Texas Concho Country Wilbur Thomas 952-935-1672 and Bob Dean 612-823-4924
MON 14 JAN 8:27 PM	DEADLINE FOR THE FEBRUARY NEWSLETTER Get your events and news in next month's newsletter. For events - Alan Wichman at events@hiawathabike.org or 612.789.1315. For news - Judd Zandstra at news@hiawathabike.org or c/o HBC PO Box 24920 Minneapolis, MN 55424
SAT 18 JAN 1:00 PM Mileage depends on weather	FLAT TIRE & CHILI RIDE 610 Crestview Forest Dr., Maplewood. Go for a bike ride, snowshoeing or cross-country skiing, then warm up with chili as we patch those tubes that have been laying around. See news article for directions. Lucia Pierson 651-730-0682 or Mike Leibfried 651-463-1204.
SAT 25 JAN 5:30 PM	SMART CYCLING Winter cycling presentation by REI. Social hour at 5:30 PM, dinner at 6 PM, program at 7: PM. Cross Lutheran Church, 6645 McCauley Trail, Edina. See article in newsletter. Dan Reuter 612-845-8966 or dreuter@bachmans.com

Ride Statistics for Year

The HBC cycling year ended on October 31st and, wonder of wonders, all ride reports have already been submitted. This allowed our intrepid statistician, Chuck Sunder, to compile the final statistics in time for this newsletter.

Congratulations to John Escritt who finished at the top in men's mileage and ride participation and to Nancy Wall who was first in women's mileage. John rode almost 4000 miles and outdistanced the runner up by 1300 miles. Nancy was second overall and led the women's runner by 300 miles.

In the ride leader category, Wilbur Thomas finished first by leading 46 rides. (He was also runner up in men's mileage.) We all enjoyed Wilbur's rides, especially the ones that finished with din-

ner and conversation at D'Amico & Sons.

As for the rest of us, maybe if we don't gain any weight over the winter and get in shape a little earlier in the spring, maybe, just maybe, we can move up just a little bit next year. Congratulations to everyone for a great cycling year.

See the opposite page for the complete statistics. Women's and men's mileage was cut off at 500 miles. Ride participation was cut off at 11 rides. ☞



Ride Participation

John Escritt	121
Edie Kalweit	111
Wilbur Thomas	98
Nancy Wall	96
Chuck Sunder	75
Bruce Beck	69
Rohanda Victorsen	67
Bob Dean	66
Harold Herum	63
Donald Wencil	62
John Miller	61
Judd Zandstra	61
Mark Norton	52
Sue Blum	51
Lucia Pierson	51
Cheryl Norton	49
Michael McNutt	48
Marian Schweich	46
Judy Emerson	45
Andy Emerson	44
Russ Tempelman	42
Chris Burbank	41
Marcy Kelash	40
Mary Burbank	39
Dale Miller	38
Leon Webster	38
Russ Lowthian	36
Mike Walker	36
Laurie Dinneen	34
Alan Wichman	34
Jim Joy	33
Chris Schey	33
Barry Cole	32
Margaret Moeller	32
Thomas Renner	32
Bruce Allyn	30
Mike Leibfried	30
John Moeller	29
Dan Reuter	27
Katie Diaz	25
Jim Victorsen	24
Richard Newmark	23
Larry Miller	22
Anthony Abelson	21
Judy Burdick	21
Mary Griffith	19
Margaret Kelly	19
Klaus Foerster	18
David Gepner	17
Charles Breer	16
Richard Hartmann	16
Scott Knowles	16
Andrew Hartle	15
Brice Martinson	15
Dick Heglund	14
Dick Stardig	14
Joan Newmark	13
Jamon Reuter	11

Women's Mileage

Nancy Wall	3106
Edie Kalweit	2855
Rohanda Victorsen	2345
Lucia Pierson	2066
Sue Blum	1880
Judy Emerson	1460
Cheryl Norton	1384
Marian Schweich	1314
Mary Burbank	1291
Marcy Kelash	1126
Margaret Moeller	1044
Laurie Dinneen	1040
Margaret Kelly	952
Chris Schey	883
Katie Diaz	875
Judy Burdick	553

Men's Mileage

John Escritt	3937
Wilbur Thomas	2677
Chuck Sunder	2669
Harold Herum	2346
Bruce Beck	2105
Judd Zandstra	2059
Donald Wencil	2004
Bob Dean	1928
John Miller	1841
Michael McNutt	1577
Russ Tempelman	1558
Mark Norton	1463
Mike Leibfried	1457
Andy Emerson	1430
Leon Webster	1358
Chris Burbank	1352
Dale Miller	1263
Jim Joy	1194
Mike Walker	1184
Alan Wichman	1067
Barry Cole	1031
Russ Lowthian	1002
John Moeller	957
Bruce Allyn	956
Larry Miller	839
Thomas Renner	811
Anthony Abelson	795
Jim Victorsen	733
Dan Reuter	714
John Grimsley	661
Scott Knowles	618
Charles Breer	597
Richard Newmark	588
Klaus Foerster	569
David Gepner	503

Rides Led

Wilbur Thomas	46
Bob Dean	37
Andy Emerson	32
Chuck Sunder	29
Judy Emerson	29
Laurie Dineen	28
Edie Kalweit	27
Russ Lowthian	24
Dan Reuter	24
Bruce Beck	18
Judd Zandstra	17
Rohonda Victorsen	16
Mark Norton	14
Mary Griffith	13
Cheryl Norton	13
Nancy Wall	13
Mike Leibfried	12
Richard Newmark	12
Leon Webster	10
Tom Renner	9
Marcy Kelash	9
Jim Victorsen	8
Marian Schweich	8
John Miller	8
Alan Wichman	7
Michael McNutt	6
Lucia Pierson	6
Con Rigas	6
Dick Startig	6
Mary Burbank	6
John Escritt	6
Sue Blum	5
Mary Swanstrom	4
Denise Desota	3
John Moeller	3
Chris Burbank	3
Harry Greenberg	2
John Grimsley	1
Dick Hartman	1
Margaret Kelly	1
Russ Tempelman	1

Don't Forget!



Toys for Tots

Spoke n Wheel

Judd Zandstra, Editor

Published monthly for the members of the Hiawatha Bicycling Club. Subscriptions included with HBC membership only. Complementary copies available to qualified individuals and organizations.

Our mission is to lead safe, friendly and fun bicycle rides for adults, make and distribute maps of safe bicycle routes, and educate the public about cycling.

Board of Directors:

Bruce Beck, President	651.770.5463
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www.hiawathabike.org

See our web site for Board of Directors and team leader e-mail addresses. It also contains an activity schedule, ride maps, and newsletter articles.

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Members are actively encouraged to submit articles about the activities of the club or about bicycling in general. E-mail to news@hiawathabike.org or send at least one week in advance to the club P. O. Box.

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Flat Tire & Chili Ride

How many tubes do you have lying around that need patching? Here is your chance to join others for a patching party and not your sox. Meet at Crestview Forest Clubhouse, 610 Crestview Forest Dr., Maplewood at 1:00 for a ride. Mileage will be determined by the weather. If the roads are not bikeable, we will snowshoe or cross country ski at Battle Creek Park, but will still meet first at the clubhouse. After the ride warm up with a bowl of chili as we patch our tubes. Bring a

dessert or beverage to share. Bowls and silverware provided. Directions to ride start: from I-94 exit south on McKnight Rd. for 1.2 miles to Lower Afton Rd. Turn left (east) for .6 miles to Londin Lane (fire station on right). Turn right for 1/2 block then left on Sterling St. for .4 miles to Crestview Forest Dr. Turn left and Clubhouse is on right. If you have questions, call Lucia Pierson 651-730-0682 or Mike Leibfried 651-463-1204. ☞