



Dec 2006

# Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

## Save December 3, 2006 for Riding!

By Mary Burbank

**Toys for Tots** rolls again!

Be ready to roll from **D'Amico & Sons** Restaurant (7804 Olson Memorial Hwy in Golden Valley) promptly at 3:00 pm, as we have to be at the Toys for Tots tent at KARE 11 by 4:45. We will be ordering our meals prior to the ride so arrive early enough for sign up, ordering dinner, loading toys and decorating you and/or your bike.

If you have never done a Toys for Tots ride, come join us. You will be in for a treat. The riders go all out decorating their bikes and even themselves. One year Judd pulled not one, but two of his grandchildren in a burley. Other years we had a tandem commanded by the jolliest of elves, Santa and Kermit, a recumbent tandem drawn by a fully motorized and lighted



reindeer commanded by two power elves (as the reindeer took lots of battery power), and tandems pulling trailers with lighted and

decorated Christmas trees. Riders have added ribbons, bows, bells, teddy bears dressed in velvet, and lights to their bikes and holiday attire.

We have learned a few lessons over the years ... dress in layers, bring chemical heat packs for fingers and toes, and finally you **will** get cold standing outside waiting to go on TV. The first year we rode from Minnetonka City Hall and had a more ambitious 16 mile route planned. It was 8 degrees with a brisk wind. There were only 8 of us out on that first Toys for Tots ride. We carried the toys in backpacks and in a kiddy trailer. Judy Leiman was the first rider to sport battery powered Christmas lights which set the tone for rides to come. The past few years the weather has been much milder, but it still gets cold outside the tent. When I called to book our appearance on a broadcast, I was greeted with "Are you the group that rides to the tent? You're crazy!" What more inspiration do we need! So get out your knobby tires, your head and tail lights, bring out your antlers and bells!

It's about a 9.5 mile ride to the Toys for Tots Tent at KARE 11, over rolling neighborhood streets in Golden Valley. After the broadcast it is a quick 15 min ride back to the restaurant, where we will continue the merry making with good food, good laughs and great friends.



*This is how Ian Lindridge looked last year. What do you think he'll do this year??*

### Salute to Volunteers Banquet Sun Jan 28—Maybe

**All Club Members:** Block out the date of January 28th 2007, (Sunday), at 4:30 PM for the annual Salute to Volunteers Banquet. This date is not yet firm, so if you believe that you will be unable to attend, please let me know this week. We may move the date if too many cannot make it.

Remember, ALL club members, family and friends are invited. Eligible volunteers will have their meals free as a club benefit.

**Team Leaders:** Those that haven't already done so, please send your list of eligible volunteers to Dan Robinson for banquet planning reasons.

Dan Robinson, 952-892-0416, [Jacquara@Charter.net](mailto:Jacquara@Charter.net)

## Mission Statement

Hiawatha Bicycling Club:

- leads safe, friendly and fun bicycle rides for adults.
- makes and distributes maps of bicycle routes.
- educates the public about cycling.

## Our Rules

HBC insurance protects only members. HBC requires all riders to be members so all can be insured. Leaders 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, patch kit, and small tool kit. All riders must ride safely. Obey all traffic laws. You are responsible for your own safety. 🚫

## Ride Guide

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 designated as

**Fast** –14 mph or faster




**Medium** –10 to 14 mph

**Slow** –under 10 mph

These are typical average speeds on gently rolling roads. Average speed does not include time your wheel is stopped. To average a certain speed you should maintain a pace 2 mph faster than the average.

On all rides, riders are expected help other riders with repairs. The leader will ride as announced.

Look to the ride description in the Activity Schedule for more information on ride speed, rest stops, leader placement, whether the ride will be mapless and other information that will help the rider choose a ride that matches their abilities. 🚫

DAY/DATE/TIME	RIDE NAME/DESCRIPTION
<b>December E-Rides</b>	In addition to the activities listed below, HBC offers rides on short notice by e-mail. Ride leaders must send notice of e-rides to HBC e-groups no later than 8 AM of the day of their e-ride. Watch your e-mail for notices about e-rides and other events.
<b>FRI 1 DEC 8 PM</b> 	<b>DECEMBER BIRTHDAY BASH!</b> The riding schedule may be different now that sunset and temperature play a larger role in planning our riding activities. Look for e-rides on Friday nights (posted at the latest by 8 AM day of the ride) If you don't have computer access feel free to contact either Wilbur 952-935-1672 or Edie 952-707-0401 to see if a ride might be going prior to the Bash. Birthday Bashes will be the first Friday of every month during the winter, scheduled for 8 PM, at D'Amico's Edina (Halifax and 50 <sup>th</sup> St.). We celebrate folks having birthdays that month and new members. Also, we just celebrate our lives and our friends. For more info contact Edie at <a href="mailto:ediekalweit@cs.com">ediekalweit@cs.com</a> or 952-707-0401.
<b>SUN 3 DEC 3 PM</b> Medium & Rolling (12 mph average) 10 Miles 	<b>TOYS FOR TOTS</b> Leave from D'Amico & Sons, 7804 Olson Memorial Hwy, Golden Valley (763-546-1166) promptly at 3:00 p.m. We will be on the 5:00 PM broadcast at the Toys for Tots tent at the KARE 11 Studio. Bring a toy, holiday spirit, and hand warmers. We will ride 10 miles through Golden Valley neighborhoods singing holiday songs, jingling sleigh bells, and sporting holiday decorations on our bikes. Perhaps Santa and a couple of elves will ride with us again this year! D'Amicos has offered the riders a 20% discount for dinner. We will be pre-ordering the meals before the ride, so allow enough time to do this. Lights front and back required as this will be a night ride. Mary & Chris Burbank. (612) 370-3019, ext. 2102 (Mary's work)
<b>MON 4 DEC 6:30 PM</b>	<b>HBC Board Meeting</b> The Board meets at the Hiawatha Park Recreation Center Building on 42 <sup>nd</sup> Street at 42 <sup>nd</sup> Avenue in Minneapolis. We especially welcome HBC members. For more information, contact Wilbur Thomas, President at 952-935-1672.
<b>WED 6 DEC 6 PM</b> Medium & Flat 25 Miles	<b>GIVE ME LIBERTY</b> Depart from 272 Vincent Ave. N. River and Creek to Liberty Frozen Custard, then back via lakes. Lights required. Check e-mail for flavor of the day. Hans Gasterland 612-377-6666 landline; 612-723-5038 cell.
<b>WED 13 DEC 6 PM</b> Medium & Flat 25 Miles	<b>GIVE ME LIBERTY</b> Depart from 272 Vincent Ave. N. River and Creek to Liberty Frozen Custard, then back via lakes. Lights required. Check e-mail for flavor of the day. Hans Gasterland 612-377-6666 landline; 612-723-5038 cell.
<b>WED 20 DEC 6 PM</b> Medium & Flat 25 Miles	<b>GIVE ME LIBERTY</b> Depart from 272 Vincent Ave. N. River and Creek to Liberty Frozen Custard, then back via lakes. Lights required. Check e-mail for flavor of the day. Hans Gasterland 612-377-6666 landline; 612-723-5038 cell.
<b>WED 27 DEC 6 PM</b> Medium & Flat 25 Miles	<b>GIVE ME LIBERTY</b> Depart from 272 Vincent Ave. N. River and Creek to Liberty Frozen Custard, then back via lakes. Lights required. Check e-mail for flavor of the day. Hans Gasterland 612-377-6666 landline; 612-723-5038 cell.
<b>JANUARY RIDES</b>	
<b>MON 1 JAN 11 AM</b> Medium & Flat 2-18 Miles (Mapless) 	<b>SNOWMAN RIDE</b> Meet at the Target parking lot at Hwy 36 and McKnight in North St. Paul. We will ride over to the Snowman and then who knows? Phalen Park, Mahtomedi or just back to Target? Then we will have lunch at the Tap N Grill or if it is not open---over at the Roly Poly just north of Target in the same complex. Too cold to ride?--do your New Year's shopping at Target, have a cup of coffee in the Target dining area and then join us for lunch. We will check that area before we head out for lunch. I will carry my cell phone in case you have questions. Bruce L. Beck: Home 651-770-5463; Cell 651-592-5871.



## Spoke n Wheel

Hans Gasterland, Editor

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

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

### Board of Directors:

Wilbur Thomas, President 952.935.1672  
Alan Wichman, Vice Pres. 612.789.1315  
Heather Gehring, Secretary 763.370.9287  
Brice Martinson, Treasurer 952.926.1436  
Marcy Kelash, Director 952.322.1638  
Bob Bowen, Director 651.853.0467  
Dan Robinson, Director 952.892.0416

### Team Leaders:

Pat Maloney, Event Schedule Compiler  
Home 952.924.0900  
Work 612.339.0060  
E-mail: [pmaloney \(at\) ratwiklaw.com](mailto:pmaloney@ratwiklaw.com)

Dan & Carolyn Robinson, Membership  
952.892.0416

Chuck Sunder, Statistics 612.285.1946  
Bruce Beck, Insurance 651.770.5463  
Wilbur Thomas, Marketing 952.935.1672  
Judd Zandstra, Webmaster 651.486.6404  
Hans Gasterland, Newsletter 612.377.6666

[www.hiawathabike.org](http://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.

Treasurers report available on request. Contact our treasurer.

Contents copyright ©2006 Hiawatha Bicycling Club, Inc. All rights reserved. Reproduction without permission permitted with due acknowledgement.

Members are actively encouraged to submit articles about the activities of the club or about bicycling in general. E-mail to [news \(at\) hiawathabike.org](mailto:news@hiawathabike.org) or send at least two weeks in advance to the club P. O. Box.

Hiawatha Bicycling Club  
P. O. Box 24920  
Minneapolis, MN 55424

HIAWATHA BICYCLING CLUB  
POST OFFICE BOX 24920  
MINNEAPOLIS, MN 55424

### Inside This Issue

- Toys for Tots Sunday Dec 3 1
- Volunteer Banquet—Sun Jan 28?1
- Mission, Ride guide 2
- Activity Schedule 2
- Clear Lake Ride Novelette 3

- Sorry, no Ride Statistics
- Now it's December. There are even less rides or events. **Make something happen!**
- Have you dug out and mounted your studded tires yet?



## YOUR MEMBER BENEFITS

- Small, safe, friendly rides
- Free banquet for volunteers
- E-rides—instant notice of rides by e-mail
- Community rides—Tour D'Amico, Toys for Tots
- Monthly newsletter with latest ride schedule
- Over 400 rides a year
- Free annual meeting dinner
- HBC E-groups for cycling news and questions
- Free cycling jerseys and T-shirts

## Hiawatha Bicycling Club Membership Application

Individual membership \$25  
Household membership \$35

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

E-MAIL \_\_\_\_\_

**Don't miss a single ride. Join now!**



**Fun • Friends • Fitness**

**Mail to:**

Hiawatha Bicycling Club  
PO Box 24920  
Minneapolis MN 55424