

## Herb Schultz finally stops riding bike.



Avid cyclist and TCBC ride leader Herb Schultz died unexpectedly a few weeks ago at the age of 79.

Anyone who ever rode on one of Herb's rides would tell you that he made

everyone feel good about who they were. Perhaps that was Herb's best gift to us, his legacy. His day rides were one day vacations. Leisurely lunch stops and other historic sites often colored his rides.

One of Herb's favorite sayings was, "You the man!" or "You the woman!" One of his daughters married a fellow (Tom) with the last name Mann. When asked for suggestions on what a new grandson might be named, he answered, "Uda". Okay, so that child would forever be known as "Uda Mann"! They all laughed, but they named the child in a more conventional fashion.

For those of you not knowing Herb, he was a "team player." He led "C" rides almost daily for TCBC. Not only would he have a co-leader, but he had "Ambassadors" on his rides. Their purpose was to extend hospitality to the group. Many later would become ride leaders.

Herb was always in the training mode. Many folks became leaders with the help of Herb. Herb knew every good restaurant along a route! I'll never forget

a ride to St. Paul, shortly after I retired. We spent an hour eating lunch at Cosetta's and visited Walter Griffin's photograph display at the history museum. I got home around 3 PM and thought I'd been on a one day vacation! I think Herb and friends must have felt that way often. Anyone who rode with him will miss him. But he left many to fill his shoes. His example lives on.

Any cards or memorials in Herb's memory can be sent to the Schultz Family. Their address is: 232 Cottonwood Dr., Vadnais Heights, MN 55127

Herb had a daughter with Breast Cancer. He requested memorials go toward related Breast Cancer charities.

Herb was present in life. His memory will stay present for his multitude of friends always. Lots of people (many of them cyclists) showed up at Herb's Memorial service.

Rest in Peace, dear friend, you are remembered!

*By Edie Kalweit*



*Many of Herb's friends arrived for his memorial service by bicycle.*

## Out With the Old, In With the New!

The new HBC fiscal year began Nov 1, 2009. HBC has successfully completed ten years as a viable biking club. ALL volunteers, in any capacity are to be congratulated for a job well done.

We were, we are, and we will continue to be a biking club appealing to citizens that would like to get fit, and keep fit, socialize a bit, eat well, and have fun biking. As we enter our eleventh year, we can be thankful for wise decisions made by the founders, keeping the club on a solid fiscal footing, having a wonderful main fund raiser, (Tour D'Amico), and a great business partner in D'Amico and Sons Restaurants.

Congratulations to Dan Premack, for stepping up to help get the website back on track. We are considering a different web host service that has some user friendly tools, so you may see odd changes from time. We want it fully updated by Feb/March, in time for the new season. The TDA website will be updated sooner, as we do get inquiries from across the nation about the ride.

### **Volunteers:**

If you have a particular job you want to have this year at TDA (Tour D'Amico), contact **Mary Wierschem**, our new TDA Leader for 2010. Else,

the main list will be available at the VOLUNTEER BANQUET March 21. Wilbur will be coming back from Texas to head this up, so expect a nice meal and program at Santorini's in Eden Prairie.

**Volunteer for hospitality needed.** Not a hard job, and not too often necessary. Contact Angel Luther, or Edie Kalweit, or Dan Robinson for details.

We enter a bit of a quiet period from now thru April as most riders hang up their bikes and wait for warmer weather. The **Spoke-N-Wheel** gets a bit thin too, so what better time than now to reflect on past summer glories, and tell club members about it. If you have pictures to go along with your ride experiences, send them all to Hans, and I just bet he will publish them.

Stories retold now, about RAGBRAI, Door County, Switzerland, TRIRI, CANDISC, BAM and so forth might encourage others to commit to going on one of them this year. Perhaps the first should be tales of Ironman, that loved/hated ride at the end of April that kick starts the year. Tour of Lakes...will it rain? Publishing three stories earns you the Volunteer Banquet, without any other requirements needed, so... get writing!

*Dan Robinson*

## 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 to 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. 🚫

| <i>All rides starting after 3:30 pm require front and rear LIGHTS!</i>   |   |
|--|---|
| Day/Date/Time  | Ride Name/Description   |
| E-Rides  | In addition to 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 8:00 AM of the day of their e-ride. Watch your e-mail for notices about e-rides and other events.  |
| Fri 4 Dec<br>8:00 pm<br>                      | <b>Birthday Bash</b> Following bike rides or walks, dinner around 8:00 & cake at Edina D'Amico & Sons. Come celebrate December birthdays & new club members! For more info: Edie Kalweit at 952-707-0401 (home) or 612-532-2554 (cell). <i>Time may vary due to weather and preceding rides.</i>  |
| Wed Dec 2, 6pm<br>Med mostly flat<br>25 miles or so<br>Mapless   | <b>Liberty Ride</b> – Start at 272 Vincent Av N (my house). We'll vary our route downriver to Liberty Frozen Custard or equivalent, stop for coffee or dessert, then home around lakes. <i>Lights required. RSVP to Hans at hansgast@comcast.net or 612-377-6666.</i>   |
| Mon 7 Dec<br>6:30 pm<br>                      | <b>HBC Board of Directors Meeting</b> – Pearl Park Recreation Center, 414 East Diamond Lake Road, 55419. Park phone: 612-370-4906. All HBC members are welcome and encouraged to attend any and all meetings. Members may submit agenda items by contacting a board member in advance.  |
| Wed Dec 9, 6pm<br>Med mostly flat<br>25 miles or so<br>Mapless   | <b>Liberty Ride</b> – Start at 272 Vincent Av N (my house). We'll vary our route downriver to Liberty Frozen Custard or equivalent, stop for coffee or dessert, then home around lakes. <i>Lights required. RSVP to Hans at hansgast@comcast.net or 612-377-6666.</i>   |
| Sat 12 Dec<br>4:00 pm<br>Walk<br>1 mile<br> | <b>Toys For Tots – Let's brighten the season for children in need!!</b> We will meet and leave from the Golden Valley D'Amico's and walk about ½ mile to KARE 11 and back to D'Amico's. Please bring gifts in a sleigh, wagon, wheelbarrow or whatever suits you and fits the weather. Also, please dress for the season and have Fun! Any questions contact Edie Kalweit 652-707-0401 or cell 612-532-2554 |
| Wed Dec 16, 6pm<br>Med mostly flat<br>25 miles or so<br>Mapless  | <b>Liberty Ride</b> – Start at 272 Vincent Av N (my house). We'll vary our route downriver to Liberty Frozen Custard or equivalent, stop for coffee or dessert, then home around lakes. <i>Lights required. RSVP to Hans at hansgast@comcast.net or 612-377-6666.</i>   |
| Sun 20 Dec<br>6:00 pm  | <b>Deadline for Newsletter Material</b> - If you're a little late, Send it anyway! We always want your stories and your pictures. Call or e-mail Hans at 612-377-6666 or hansgast@comcast.net.  |
| Wed Dec 23, 6pm<br>Med mostly flat<br>25 miles or so<br>Mapless  | <b>Liberty Ride</b> – Start at 272 Vincent Av N (my house). We'll vary our route downriver to Liberty Frozen Custard or equivalent, stop for coffee or dessert, then home around lakes. <i>Lights required. RSVP to Hans at hansgast@comcast.net or 612-377-6666.</i>   |

## Mary Wierschem needs help!

Mary says: "Its time to start thinking about volunteering for the **Tour D'Amico**. I need an assistant for the Tour. Please contact me at 651-405-8576 or at [Wierschem\\_m@bls.gov](mailto:Wierschem_m@bls.gov) if you (or anyone you know) are interested."

|   |  |
|---|--|
| Tue 29 Dec<br>6:30 pm<br>Slow<br>Rolling<br>4.5 Miles           | <b>Edina Skills Ride Series</b> – Great for families, beginners, old and young alike: Meet at Edina Bike & Sport, 4504 Valley View Rd. A slow, meandering neighborhood ride around Lake Harvey and through South Harriet Park neighborhood. A short skills refresher will be provided along the way. All riders can get a wallet-sized safety card and a free copy of Edina and Mpls bicycle maps. All minors must be with an adult guardian. The December feature is Night Ride Lighting - various examples of equipment and techniques will be demonstrated! Ride Leader is Kirk Johnson, 612-916-9966 or Kirk.Johnson@LoganLogic.com. |
| Wed Dec 30, 6pm<br>Med mostly flat<br>25 miles or so<br>Mapless | <b>Liberty Ride</b> – Start at 272 Vincent Av N (my house). We'll vary our route downriver to Liberty Frozen Custard or equivalent, stop for coffee or dessert, then home around lakes. <i>Lights required.</i> <b>RSVP</b> to Hans at hansgast@comcast.net or 612-377-6666.   |
| <b>Have a happy and safe New Year!</b>                          |  |



HBC has awarded *L'etoile du Nord (Star of the North)* jerseys for 7 years already. Showing them here are (top) **Mark Norton** (2005), **Russ Lowthian** (2003), **Leon Webster** (2002), **Wilbur Thomas** (2004), and (bottom) **Cheryl Norton** (2006), **Becky Hanssen** (2007) and **Mike Nagengast** (2008).

## Smart Cycling needs YOUR input!

HBC needs your help to keep up our community together through the long lonely winter. We can use your talents in three ways:

1. Join the Smart Cycling committee. Add your creative spin to make our events great! If you want to be part of the group, there will be a role for you ... from talking on the phone to weight training to publicity, you will have a good time while staying connecting with the Hiawatha community.
2. Maybe YOU could address the group! If you've got something to say, why not say it to all of your HBC buddies at an HBC Smart Cycling session?
3. Give us ideas for speakers to address the group!
4. Do you know of any cheap meeting rooms we could use? Let us know!

For any or all of the above, contact **Robin Katz** at rous56@aol.com or 612-801-1230.

## Member Incentives

### Annual Meeting Dinner

A free, complete supper for all members, value \$12

**How do I earn it?** [Join HBC](#)

### Salute to Volunteers Banquet

An elegant, free dinner for all HBC volunteers, value \$30

**How do I earn it?**

Volunteer to help on an HBC team or event OR

[Lead 3 HBC rides](#) OR

Write 3 articles for [Spoke n Wheel](#)

### Magic Moccasin Riding T-shirt

A free, Dri-Release, multicolored riding T-shirt, value \$20

**How do I earn it?**

[Complete 25 HBC rides](#)

### Star of the North Jersey

A free, full-color cycling jersey, Value \$70

**How do I earn it?**

[Lead 5 HBC rides](#) AND

[Complete 35 HBC rides](#) (The 5 rides you lead are included) or ride 1000 HBC miles AND

Serve as an HBC team leader or board member, or volunteer on Tour D'Amico.

HBC offers you these attractive member incentives each year. Set your goals now. You'll be proud when you're recognized for your achievements. Want to volunteer so you can earn an incentive? Contact an [HBC board member](#) now.

### Terms and conditions:

Where an activity is required (riding, volunteering, serving) you must perform the activity yourself. You do not qualify if a person other than yourself performs the activity for you. To be considered a Tour D'Amico volunteer your name must appear on the Tour D'Amico team leader's master list of volunteers no later than June 30.

# HBC Spoke n Wheel

Hiawatha Bicycling Club Newsletter

Hans Gasterland, Editor

Published monthly for members of HBC. Subscriptions for HBC members only. Free 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 Position | Name                            | Phone        |
|----------------|---------------------------------|--------------|
| President      | <a href="#">Dan Robinson</a>    | 952.892.0416 |
| Vice President |                                 |              |
| Treasurer      | <a href="#">John Zeiss</a>      | 952-934-4522 |
| Director       | <a href="#">Bruce Beck</a>      | 651.770.5463 |
| Director       | <a href="#">Brice Martinson</a> | 952.926.1436 |
| Director       | <a href="#">Bob Bowen</a>       | 651.690.0572 |
| Director       | <a href="#">Hagghith Nadav</a>  | 651-994-1265 |

| Team                | Team Leader                                       | Phone               |
|---------------------|---|---------------------|
| Audit               | <a href="#">Marcy Kelash</a>                      | 952-322-1638        |
| Benefits            | <a href="#">Bob Bowen</a>                         | 651.690.0572        |
| Volunteer Banquet   | <a href="#">Wilbur Thomas</a>                     | 952.935.1672        |
| Calhoun Ride        | <a href="#">Chris Burbank</a>                     | 612.529.4247        |
| Insurance/L.A.B.    | <a href="#">Bruce Beck</a>                        | 651.770.5463        |
| Hospitality Team    | Can you help? Call Dan Robinson!                  |                     |
| Jerseys             | <a href="#">Edie Kalweit</a>                      | 952.707.0401        |
| Magic Moccasin      | <a href="#">Kay Reis</a>                          | 952.892.5804        |
| Marketing           | <a href="#">Heather Gehring</a>                   | 763.476.4117        |
| Membership          | <a href="#">Hagghith Nadav</a>                    | 651-994-1265        |
| Newsletter          | <a href="#">Hans Gasterland</a>                   | 612.377.6666        |
| Past President      | <a href="#">Alan Wichman</a>                      | 612-789-1315        |
| St Paul Classic     | <a href="#">Rohanda Victorsen</a>                 | 763.479.2768        |
| Ride Leaders        |   |                     |
| Ride Schedule       | <a href="#">Jeannine Stripling (w/Bruce Beck)</a> | 651.770.2400        |
| Smart Cycling       | <a href="#">Robin Katz</a>                        | 612.801.1230        |
| Social Events       | <a href="#">Pat Maloney</a>                       | 952.924.0900        |
| Statistics          | <a href="#">Colette Sulser</a>                    | 952.475.3757        |
| <b>Tour D'Amico</b> | <a href="#">Mary Wierschem</a>                    | <b>651-405-8576</b> |
| Toys For Tots       | <a href="#">Mary Burbank</a>                      | 612.529.4247        |
| Web Atlas           | <a href="#">Dan Reuter</a>                        | 952.906.9230        |
| Website Master      | <a href="#">Dan Premack</a>                       |                     |

[www.hiawathabike.org](http://www.hiawathabike.org) Website has activity schedule, ride maps, newsletters and more.

Treasurers report on request. See treasurer.

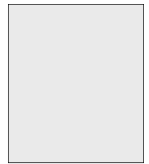
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Members are actively encouraged to submit articles about activities of club or bicycling in general. E-mail to [news@hiawathabike.org](mailto:news@hiawathabike.org) or regular mail by 15th of previous month.

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



Hiawatha Bicycling Club  
 Post Office Box 24920  
 Minneapolis MN 55424



## HBC Volunteer opportunity:

And it involves FOOD! We're looking for someone to take over the **Hospitality Team Chair** starting immediately. This involves coordinating volunteers to set up and tear down the pot luck food at club events, and ordering some of the food directly which is reimbursed by the club. This doesn't involve that much time or work, and the club members will appreciate you tremendously. If you are interested or you know someone you'd like to recommend, call Dan Robinson at 952-892-0416

## Volunteer opportunities:

- Hospitality (see above)
- Marketing

If you or someone you know seems right for any position, e-mail Dan Robinson: [jacquara@charter.net](mailto:jacquara@charter.net)

## December 2009

|                                       |   |
|---------------------------------------|---|
| Herb Schultz Memorial .....           | 1 |
| Thoughts of Chairman Dan .....        | 1 |
| Mission, rules, ride guide .....      | 2 |
| Ride/activity schedule .....          | 2 |
| Mary Wierschem wants YOU! .....       | 2 |
| Star of North Jerseys .....           | 3 |
| Smart Cycling needs your input! ..... | 3 |
| Member Incentives .....               | 3 |

## HBC Member Benefits:

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

## Join the Fun!

Please come out with us for a "test-ride". We look forward to meeting you. Or why not take a moment now to join! Just fire up your trusty computer and go to [http://hiawathabike.org/join\\_hbc.htm](http://hiawathabike.org/join_hbc.htm) Then look for the [Membership Application](#). Print out the form, fill it out, and mail the form and your check to the address to the left. Be sure to sign the waiver. Individual memberships are \$25, or a whole household can join for \$35.