



# An Invitation for You to the HBC Appreciation Banquet

February 2002

# Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

Braemar Golf Course, Sunday, February 24, 2002 marks the date of the annual HBC Member Appreciation Banquet.

Beginning at 3:00 PM, work up an appetite for an Italian Fiesta dinner by skiing or snowshoeing around beautiful Braemar Golf Course. These activities will be led by HBC members who you will recognize as leading Sunday afternoon rides during the summer.

The banquet starts at 5:00 PM in the Braemar Room of the clubhouse with a chance to socialize with friends you haven't seen since autumn. A delicious meal follows.

After dinner, not only will we recognize our volunteers, ride leaders and riders, but we will again have an auction. Remember last year's emcee, Michael McNutt, famous for auctioning off the pink bib and jersey? I can't guarantee you pink bibs or jerseys, but I can guarantee you it will be fun. So bring some extra money for this fundraiser for the club.

This banquet is really a way for all HBC members to show our appreciation for our volunteers, members who have given and continue to give of their time and energy to make Hiawatha Bicycling Club a success. Please join your cycling friends for this event.

Reserve your place at the table now. Reservations postmarked by February 15th are \$15.00 per person. Reservations postmarked after February 15th are \$20.00 per person. Children under 12 pay \$10.00. A registration form is included in this issue of Spoke n Wheel. See page 4.

The Braemar Clubhouse, 6364 John Harris Drive, is located on Braemar Boulevard between Hwy 169 (Valley View East Exit) and Gleason Road in Edina, just south of historic Chain-Break Hill. An overview map showing Braemar's location is available on the HBC web site: [www.hiawathabike.org](http://www.hiawathabike.org).

Please mark your envelope and check "Appreciation Banquet" ✉

## Mild Winter Facilitates Bike Rides

It's been a great winter for riding bikes. In the photo below we see a group that rode from the North St. Paul Snowman to Como Park on January 12th. From left to right we have Bruce Beck, John Miller, Leon Webster, John Escritt, and Richard Newmark.

After refreshments at the Black Bear Crossing coffee house near Como Park, our group of intrepid riders returned to North St. Paul and Velma's Coffee House. I guess you could call this a coffee ride.



This was an e-ride, organized through the HBC e-group. This a new way of announcing rides so we can take maximum advantage of winter days that are warm enough to make riding a pleasure.

If you haven't done so already, you will want to join our e-group at Yahoo.com so you will be aware of these bicycling opportunities. ✉

## 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 for the ride.

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 will be taken 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

|  |  |
|--|--|
| SAT 2 FEB 10:00 AM<br>S 10-25 mi. ROLLING  | CASTLE AND THE SNOWMAN We'll meet at Velma's Coffee Loft. Velma's is at 7 <sup>th</sup> Ave and Helen in Downtown North St. Paul. Then we will ride. Where we go and how far will depend on the weather and the road conditions. If the wind chill is below 0 we probably won't ride but join us for coffee anyhow. Bruce Beck 651-770-5463 and/or Andy Emerson 651-770-7083.  |
| SAT 9 FEB 10:00 AM<br>S 10-25 mi. ROLLING  | CASTLE AND THE SNOWMAN We'll meet at Velma's Coffee Loft. Velma's is at 7 <sup>th</sup> Ave and Helen in Downtown North St. Paul. Then we will ride. Where we go and how far will depend on the weather and the road conditions. If the wind chill is below 0 we probably won't ride but join us for coffee anyhow. Bruce Beck 651-770-5463 and/or Andy Emerson 651-770-7083.  |
| SAT 9 FEB 5:30 PM                          | SMART CYCLING SERIES 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. Club member, Lynn Glesne, will show slides and give a presentation on the bicycle trip she did to Cuba last winter. Meet at Cross View Lutheran Church, 6645 McCauley Trail, Edina. Take the Crosstown to Gleason Rd., then south service road (McCauley Trail) west three blocks. 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 |
| SAT 16 FEB 10:00 AM<br>S 10-25 mi. ROLLING | CASTLE AND THE SNOWMAN We'll meet at Velma's Coffee Loft. Velma's is at 7 <sup>th</sup> Ave and Helen in Downtown North St. Paul. Then we will ride. Where we go and how far will depend on the weather and the road conditions. If the wind chill is below 0 we probably won't ride but join us for coffee anyhow. Bruce Beck 651-770-5463 and/or Andy Emerson 651-770-7083.  |
| MON 18 FEB 9:30 AM<br>S 10-20 mi. ROLLING  | PRESIDENTS DAY RIDE Meet at Velma's Coffee Loft (7 <sup>th</sup> Ave and Helen) in downtown North St. Paul at 9:30 AM for coffee. If the wind chill is below zero, we will just have coffee & rolls. If the weather is OK and the road conditions are safe, we will ride. If you can recite from memory all the Presidents in order, I will buy your coffee (I actually can do this). A special offer to John E ... he can substitute the names of the Kings and Queens of England (starting with King Arthur?). Bruce L. Beck 651-770-5463  |
| MON 18 FEB 8:27 PM                         | DEADLINE FOR MARCH 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 23 FEB 10:00 AM<br>S 10-25 mi. ROLLING | CASTLE AND THE SNOWMAN We'll meet at Velma's Coffee Loft. Velma's is at 7 <sup>th</sup> Ave and Helen in Downtown North St. Paul. Then we will ride. Where we go and how far will depend on the weather and the road conditions. If the wind chill is below 0 we probably won't ride but join us for coffee anyhow. Bruce Beck 651-770-5463 and/or Andy Emerson 651-770-7083.  |
| SUN 24 FEB 3:00 PM                         | APPRECIATION BANQUET at the Braemar Golf Course Clubhouse. Activities begin at 3:00 PM with snow shoeing or cross country skiing. If there is no snow, we'll bike instead. The banquet begins at 5:00 PM. Contact Lucia Pierson for additional information at 651.730.0682.  |
| SAT 9 MAR 10:00 AM<br>S 0 - 25 mi. ROLLING | EAST METRO TOUR Meet at the Battle Creek Regional Park, McKnight at Upper Afton. The distance and route depends upon the weather -- call first. Your ride leader is Richard Newmark, 651-735-4541.   |

The end of the year for Ride Statistics was October 31. Final results were published last month. Through the winter months no one will be accumulating much mileage so we will not be publishing Ride Statistics again until May. ☞

## ***"Where have you gone, Joe DiMaggio..."***

In the movie, *The Graduate*, its main character, Benjamin, graduated from his youth and school days into the aimlessness and uncertainty of adulthood, as he saw it. The movie, released in 1967, won many awards and became a vocalization of the alienation and disaffection of youth.

Paul Simon wrote the thematic song "Mrs. Robinson" for the picture. In the last verse, Benjamin's yearning for a sense of purpose is expressed by:

*Where have you gone, Joe DiMaggio  
A nation turns its lonely eyes to you ...  
Joltin' Joe has left and gone away*

In the forties and fifties, baseball was America's sport. Football and basketball had not yet risen to their current prominence. The New York Yankees dominated the sport with their roster of stars and was "America's team". Joe DiMaggio was the Yankees biggest star and became the hero of every small boy who played sandlot ball with a floppy, pocketless glove and a ball with a torn cover.

In those days, heroes were common. World War II had produced a stream of heroes who were deservedly glorified in the newspapers and on the radio. Baseball players were also praised and held up as examples for youth. Newspaper reporters conspired with team owners, players, and fans to keep their reputations untarnished.

Joe DiMaggio was perhaps the best known of these sports heroes. He was a consummate ball player, a little homely and folksy, and he married the girl of every boy's dreams, Marilyn Monroe.

After the fifties, debunking of sports heroes became popular and we have not had heroes like Joe DiMaggio since. Shortly before I sat down to write this, I was saddened to hear that two of my best candidates to wear Joltin' Joe's mantle had slipped from contention. Kirby Puckett is getting a divorce among accusations of threats to kill his wife. Michael Jordan is also getting a divorce.

Now, what does this all have to do with bicycling? Well, I'll tell you. I believe Joltin' Joe has come back—in the person of Lance Armstrong.

Lance is perhaps a little too good looking to be a sports hero but he makes up for it in other ways. He, like Joe, is a consummate athlete, standing with the top two or three bicycle racers of all time. He modestly attributes his success not just to his native ability but also to discipline, hard work and determination. Like Joe, he's somewhat self-effacing. However, he did not marry Marilyn Monroe but, of course, there are no more Marilyn Monroes either. Refreshingly, he has strong family values; loves his wife and takes great delight in his young son, Luke.

His story is the stuff of legend, too. A troubled youth with an abusive stepfather. The bad boy of bicycle racing. A fearsome struggle with terminal cancer. An epiphany that turned his life around. An amazing comeback to win the most difficult and prestigious race in the world, *The Tour de France*.

Yes, Lance is my candidate for "American Sports Hero". After the dark days of September, we need a few.

But Lance, keep up the good work. Don't let publicity and adulation make you arrogant and egocentric. It's hard to live the life of a hero. I would hate to find out that you, like other heroes, had feet of clay.☞

— Judd Zandstra

## ***You Know You're a Real Bicyclist When...***

We've all seen these lists before but I recently came across a new one at a web site authored by The Atlanta Bicycle Campaign. I've selected some that struck my funny bone.

1. You think that working on your bike is almost as much fun as riding it
2. You would recognize that threaded washer from a Presta valve stem anywhere
3. You *know* what a Presta valve is
4. You make decisions about car purchases based on which one more easily accepts a rooftop bicycle rack
5. Colorado Cyclist sent you a Christmas card last year
6. You know what the difference is between Ultrasensor, Core-Tech, and Microfiber jersey materials
7. "Once you try bibs, baby, you'll never go back!"
8. You can tell your significant other with a straight face that it's too hot to mow the lawn then take off and ride a century.
9. You pull up hard on the steering wheel trying to jump your car over a pot-hole
10. The first thing you ask when you regain consciousness is "How's my bike?"
11. You actually move farther from work so your bike commute will be longer.
12. You take a perverse pride in your mid-thigh and mid-bicep tan lines, and even more in that funny little circle on the back of your hand
13. You learn you have some money left over after paying bills and the first thing you do is reach for the nearest bicycling catalog
14. Most of the tools you own are made by Park or Blackburn
15. Someone in a car asks for directions and you give them the route of a recent HBC ride.☞

## 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, bicycle shops, 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:

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[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.

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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](mailto:news@hiawathabike.org) or send at least one week in advance to the club P. O. Box.

Hiawatha Bicycling Club  
P. O. Box 24920  
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## Don't Forget Smart Cycling on February 9th

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## Hiawatha Bicycling Club Appreciation Banquet

**Date:** Sunday, February 24, 2002

**Place:** Braemar Golf Course, 6364 John Harris Dr., Edina

**Time:** 3:00 PM Cross Country Skiing and Showshoeing  
at the Clubhouse  
5:00 PM Banquet in the Braemar Room

**Cost:** \$15.00 per person before February 15th  
\$20.00 per person after February 15th  
\$10.00 children under 12

**Please RSVP by February 15**

**Name:** \_\_\_\_\_

**Make out check and Mail to:**

**Name:** \_\_\_\_\_

Appreciation Banquet  
Hiawatha Bicycling Club

**Name:** \_\_\_\_\_

P. O. Box 24920  
Minneapolis, MN 55424

**Name:** \_\_\_\_\_

**Name:** \_\_\_\_\_