



Jan 2007

Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

Volunteers to Be Rewarded with a Feast!

Whoeee! All this warm weather has me all mixed up! You were notified of a possible "maybe" date of late January ... well,... it has changed!

New Date for Volunteer Banquet:

Sunday March 11, 4:30 PM

DeGidio's Restaurant & Bar

425 W. 7th St. St. Paul

651-291-7105

www.degidios.com

Note: This is OPEN to ALL HBC members, family and friends. Come one, come all! We had a great time last year, and this year will be no exception!! Maybe even better!

Volunteers, for you this meal is on us!

All others, \$18.95.

Choice of Walleye, (wonderful!)
Or 10 oz top sirloin. (also terrific!)

Includes baked potato, Caesar salad, garlic breadsticks, vegetable and coffee.

Each table will have a carafe each of red and white wine. Open bar for more if you wish.

Special note to steak lovers: Last year's delay was my fault. I held the dinner for late arrivals due to daylight savings change over.

Not this year!

We will eat on time at 5:00 PM.

Be there or be square!

Watch the February Spoke N Wheel for program details. You will like it!

Dan Robinson
HBC Membership

Toys for Tots Ride went Quick and Easy

On Sunday Dec 3, the 2006 **Toys for Tots Ride** went with only two minor glitches. The first was how cold the weather turned. It was 12 degrees with a fairly spritely breeze at 3:00. That unfortunately kept the number of hardy riders to a minimum. Second, we rode the 10 miles in record time and got to the tent a half hour early! Do you think the two were related? Normally, on a warm December day, we get there just in the nick of time to check in with the KARE 11 coordinator.

We had three volunteers who drove the route with us, carrying the toys and providing sag support for anyone who might have a mechanical problem or get too cold to continue riding. I was very worried about someone getting a flat or having a cable snap



because of the cold. It was so nice to have a safety net in place.

This year we had not one, but two Santas riding with us. And boy were they a hit with the kids in the tent! Even a few adults wanted their picture taken with Santa. Other highlights included bikes decorated with tinsel, bells, lighted Christmas trees, real Christmas music (instead of the bad singing this ride leader provides) and even a bike helmet covered with brightly colored

bows. Another fun aspect of the ride is having people tap their vehicle horns and waving to us as they pass by. All in all a very positive experience. Thank you to all who ventured out.

Afterwards, we stayed to have dinner together at D'Amico's. As soon as we arrived, Dave and his staff were right on top of the situation. Within minutes of settling down at the tables reserved for us, they delivered our nice hot yummy meals. At that point cold fingers and toes were quickly forgotten.

Next year we plan a light 70 degree southerly breeze to keep us warm while we ride!

Best wishes for the holidays and another grand year for riding with friends.



Will the real Santa Claus please get on a bike!

Happy New Years!
Mary Burbank

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
January E-Rides	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.
Wed 17 Jan 6 PM Medium & Flat 25 Miles	Give Me LIBERTY! 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. RSVP
Wed 24 Jan 6 PM Medium & Flat 25 Miles	Give Me LIBERTY! 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. RSVP
Fri 26 Jan 5:30 PM	Smart Cycling. We will be gathering at Cross View Lutheran Church, 6645 McCauley Trail W, Edina MN at 5:30 pm. Pot-luck dinner and social hour at 6 pm, program at 7 pm. Everyone bring a dish or desert to share. HBC will provide beverages. Guest speaker will be Dr. Mark Seeley , climatologist and meteorologist from the U of MN's Department of Soil, Water, and Climate. Dr. Seeley is also an MS Tram veteran, so he is well qualified to help us to be aware how the weather affects our riding, how to observe and interpret changing weather conditions as we ride, and how to understand weather forecasts. For more information contact Robin Katz at 612-801-1230 or rous56@aol.com .
Sun 28 Jan	NOTE: No Volunteer Banquet this date. Schedule did not work out for this date. Go biking instead!
Wed 31 Jan Liberty Ride	
Sun 11 March 4:30 PM	Volunteer Banquet Degidio's , 425 W 7 St, St Paul. www.degidios.com or phone 651-291-7105. FFI call Dan Robinson, 952-892-0416 or e-mail jacquara@Charter.net . Volunteers free, guests \$18.95



Ride Leader "Summit Meeting"

Thanks to Russ Lowthian for arranging this Ride Leader meeting. On the morning of Saturday Dec 2, we had lots of productive and stimulating conversation on how to improve our rides to keep our members (and leaders!) happy and safe. Thanks also to the HBC Board and the Billabong for such a delicious breakfast.

Talk about Bicycling Weather...

Gather at Cross View Lutheran Church, 6645 McCauley Trail W, Edina MN at 5:30 pm Sat Jan 26. Pot-luck dinner and social hour at 6 pm, program at 7 pm. Everyone bring a dish or desert to share. HBC will provide beverages.

Guest speaker will be **Dr. Mark Seeley**, climatologist and meteorologist from the U of MN's Department of Soil, Water, and Climate. Dr. Seeley is also an **MS Tram** veteran, well qualified to help us see how weather affects our riding, how to observe and interpret changing weather conditions as we ride, how to understand weather forecasts, and how climate change will change riding in the future. For more information contact Robin Katz at 612-801-1230 or rous56@aol.com.

Robin Katz, Smart Cycling Coordinator

Did You Have a RoadRunner Email Address?

If you have/had Email with mm.rr.com:

They have given you a year to switch over to Comcast from RoadRunner. You will continue to get email from RoadRunner UNTIL you switch.

As soon as you switch to Comcast, you **MUST**: Let me know at once what your new email is. Get a new Egroups account. (I will invite you).

Why? You will **NOT** get either a newsletter, or be able to access EGROUPTS because they will immediately discontinue your old Email address, thereby canceling your egroup account, and your Newsletter, and any other communication with club members.

So, if you think the email from HBC has been pretty light, you had better check this out. There have been a lot of emails from Egroups regarding Friday walks with Barry Cole as leader.

The same information holds if you change ISPs for any other reason or provider.

I won't know about it until I hear from you.

Happy New Year from Membership, Dan Robinson

Did You Get the MSC "Midwest Sportster"?

Okay, you say, I will bite.

Just WHO is MSC? And what is This 'SPORTSTER' you speak of?

MSC stands for MIDWEST Sport/SKI Council. All HBC Members are members of MSC as a member benefit. The "Midwest Sportster" is the club newspaper.

There are over 2500 members in some 20+ clubs that belong to this organization. Mostly ski clubs, but also tennis, golf. We are the only bike club, so we have an exclusive. This is the group that puts on the Spring Dance, and this past December, the trip to Lutsen, (MSC Winter Carnival).

If you like to ski in the winter time, this is your inroad to meeting Like minded people that ski locally, and to the far ends of the earth, should you want to go. Since ALL HBC members are members of MSC, you are entitled to the newspaper. HBC will provide a limited number of copies to be mailed. We cannot afford to mail ALL club members without raising club dues. You have the option of getting it by Email, but you **MUST** have a "high speed" connection. You can also get the newspaper by getting your own subscription to it.

The last issue had 20 pages with tons of info, ads, stories and specials on ski trips.

Published quarterly, you can have it Mailed for \$6.00 per year. Or free by email.

Think your internet is fast enough? Try this: www.midwestfun.org Click on

'Sportster' button. (PDF file) If you aren't riding, then ski!!

Dan Robinson - Membership

Ask the Expert

What color jersey has the most visibility? Are you safer riding on mixed use trails or on designated bike routes? How far will you need to ride to burn off that piece of cake from the birthday bash? What can I do during the off-season to be a stronger rider next season? What are the most important things I can do to prevent injuries and accidents?

Our guest speaker for the Feb. 23rd Smart Cycling Program will be **Steve Rusk** of the **Bike Edina Task Force**.

Steve will be drawing upon his wealth of research-based cycling information and over 40 years of cycling experience to tailor our program to answer your cycling related questions.

Please email your questions to Steve in advance at

BikeEdina@earthlink.net.

In case we run out of time, Steve graciously agreed to follow-up with answers to any remaining questions on e-groups.

Route 66 By Bicycle: Pedaling the Mother Road

Route 66, was once trails and farm roads linking Chicago to California. By the mid 1930s it was paved, and became the classic American road trip.

Then the I-40 freeway came, bypassing many colorful towns and businesses which were left to languish and die.

Thanks to efforts by 'never say die' fans of the Old Road, Route 66 was re-born.

Author, world bicycle traveler and handlebar videographer Lynette Chiang shot a 57-minute DVD video of this journey using a simple digital camera.

This journey was led by Race Across America bicycling legend Lon Haldeman.

Our speaker is his bicycling daughter **Rebecca Haldeman**, who also wrote some of the music used in the movie.

You'll ride in the slipstream of 25 cyclists over 29 days and 8 states, experiencing the people, places and chocolate malt milkshakes that made this highway great. Join us as we pedal along the original Route 66 and rediscover many beloved icons of roadside America.

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 763.370.4117
 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

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.

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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 \(at\) 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

January 2007

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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