



March 2003

Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

Banquet Honors Volunteers

The Volunteer Appreciation Banquet, held at the Braemar Country Club on February 22nd boasted great food, drink and entertainment. Our professional auctioneer, Jim Harvey, kept us all entertained. Just watching and listening to him work made one tired! So much energy expended in such a short time. Much fun was had by all present, though. Jim was so slick, there were times he had people bidding against themselves!

Many wonderful auction items were to be had. Some of the hottest items were a floor pump and a bike stand. As the night went on and we all began to tire, folks were getting things at bargain prices. Choice wine 'going for five dollars a bottle.

Laurie Dinneen led us in singing two Pooh Bear songs. Those Pooh singers are better than they think! I guess practice does make perfect.

Many wonderful donations came from local bike shops and related merchants. HBC would especially like to thank and acknowledge these establishments for their generous

gifts to our club and this banquet:

From helmet mounted rear lighting systems to North Dome back packs, from floor pumps to helmets, from lube/degreasing kits to headlights, from gift certificates to racing tools our local sponsors gave us much to

an auction and eight gift certificates to use as door prizes. HBC is grateful for their support. We encourage all HBC members to support these merchants who supported us so generously.

Many thanks to everyone donating an auction item or purchasing one. The money raised at the raffle (\$346) will go toward de-

fraying the cost of this banquet in which HBC "treats" their volunteers to an evening of wonderful food, drink and entertainment, (albeit home grown)!

HBC also extends their thanks to the Braemar Staff for excellent facility support throughout the evening and D'Amico Catering for the fine food and table service. And lastly, on behalf of the volunteers present, a thank you goes to Wilbur Thomas for orga-

Volunteer Banquet Sponsors

- Calhoun Cycle
- Minneapolis REI
- Bloomington Penn Cycle
- Eagan Penn Cycle
- Minnetonka Freewheel,
- Midwest Mountaineering



Your Benefits as an HBC Member

- Most members age 45 and up
- Small, friendly rides
- Free banquet for volunteers
- Free annual meeting dinner
- Over 450 rides a year
- Tour D'Amico, Fall Cloverleaf and Toys for Tots big rides
- HBC E-groups for cycling news and questions
- E-mail notice of winter rides on warm
- Smart Cycling education series
- Monthly newsletter

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

Activity Schedule

SAT 1 MAR 10:00 AM	HBC BOARD MEETING St. Joan of Arc Church, 4537 3rd Avenue S, Minneapolis, MN. Directions: Exit from I-35W at 46 th St. Go east one block to 3 rd Ave S. Turn north (left) on 3 rd Ave. St. Joan is on the east side of the street, midblock. Our meeting begins promptly at 10:00 AM in the Geranium Room. We try to finish our meetings by noon. We especially welcome HBC members. For more information, contact John Miller, HBC President. 612.822.8873 millerjf1@msn.com
SAT 8 MAR 10:30 AM T 12-25 mi. ROLLING	SPRING GATEWAY Velma's Coffee Loft at 7th and Helen in downtown North St. Paul. This ride will be mapless. The route, direction and distance will depend on road conditions and wind. Meet for coffee at 10. The ride will not go if the windchill is below zero. Mountain Bikes and Warm clothing required. Bruce L. Beck ride shepherd 651-770-5463
SAT 15 MAR 10:30 AM T 12-25 mi. ROLLING	SPRING GATEWAY Velma's Coffee Loft at 7th and Helen in downtown North St. Paul. This ride will be mapless. The route, direction and distance will depend on road conditions and wind. Meet for coffee at 10. The ride will not go if the windchill is below zero. Mountain Bikes and Warm clothing required. Bruce L. Beck ride shepherd 651-770-5463
MON 17 MAR 8:27 PM	DEADLINE FOR THE APRIL 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
TUE 25 MAR 5:30 PM NIGHT 20-25 mi. FLAT	AROUND THE RIVER RIDE Fat Lorenzo's 5600 Cedar Ave. Edgewater Blvd and Cedar Ave Thought we would start the season off in the dark. Plan on eating at Fat Lorenzo's after ride Dan Reuter 612.845.8966 Bob Dean 612-823-4924
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SAT 29 MAR 10:30 AM T 12-25 mi. ROLLING	SPRING GATEWAY Velma's Coffee Loft at 7th and Helen in downtown North St. Paul. This ride will be mapless. The route, direction and distance will depend on road conditions and wind. Meet for coffee at 10. The ride will not go if the windchill is below zero. Mountain Bikes and Warm clothing required. Andy Emerson ride shepherd 651-770-7088
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Ride Statistics

Participation

Wilbur Thomas	317
Bob Dean	242
Chuck Sunder	203
John Escritt	201
Bruce Beck	145
Harold Herum	139
Michael McNutt	138
Donald Wencil	134
Jim Joy	97
Jim Victorsen	96

Rides Led

Edie Kalweit	13
Wilbur Thomas	10
John Escritt	9
Chuck Sunder	8
Bruce Beck	7
Bob Dean	7
Rohanda Victorsen	7
Donald Wencil	6
Harold Herum	5
Michael McNutt	5

Women's' Mileage

Edie Kalweit	355
Rohanda Victorsen	195
Sue Blum	127
Katie Diaz	97
Nancy Wall	69
Lucia Pierson	59
Lucinda Rigas	30
Marian Schweich	30
Judy Emerson	25
Marcy Kelash	14

Men's Mileage

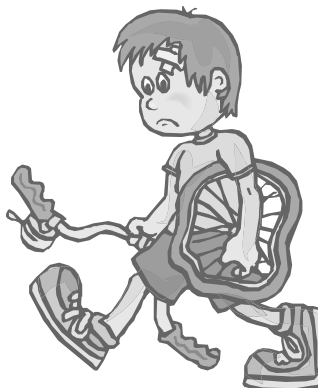
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Bob and Chris' Smart Cycle Maintenance

Don't know v-brakes from cantilever brakes, a presta stem from a Schrader, a cassette from a free-wheel or maybe just not sure what we bikers call that whats-a-majig that moves your chain.

Well then come to the March Smart Cycling and find out all you need to know about how your bike should run and when it may need repairs.

This class will be taught by fellow bikers Bob Dean and Chris Burbank who will inform and educate you and try to answer all your questions about your



bike. ☘

This Smart Cycling session will be held on Saturday, March 29, at Cross View Lutheran Church, Edina. Social hour at 5:30 PM, Potluck Diner at 6:00, Program at 7:00. Come for the potluck dinner and socialize with all your biking buddies. Bring an appetizer, entrée, salad, or dessert to share. To get to Cross View Lutheran Church, take the south exit at Hwy 62 Crosstown and Gleason Road. Turn right on the service road ½ mile to the church. Park in back.

Be a Ride Leader

At the Volunteer Recognition Banquet in February, The Etoile du Nord jerseys were awarded. This excellent jersey, designed by our own Carol Swan, depicts the North Star prominent in a background of a starry night. There are several steps to qualify for the jersey and the first is to be a *ride leader*.

Now is your chance to take this first step.

Ride Leader training will take place on the morning of April 26 at St. Joan's church, 4537 3rd Avenue S, Minneapolis. The new ride leader session will start bright and early and returning ride leaders will join them for the last hour. Training will be done by noon. There will be a ride following.

All ride leaders, new and returning must complete ride leader training to be certified.

Contact Dan Reuter with questions.



Mailbox Volunteer Needed

We need a volunteer to service our club's PO Box. Our PO Box is in the Edina Post Office at 50th and France Ave, close to D'Amico's.

Our volunteer will sort and forward club mail as needed, endorse and deposit club checks, and send deposit records to our treasurer.

Typically, these tasks will take our volunteer about an hour per week in the high cycling season and an hour every other week in the low cycling season.

If you are interested, call John Miller at 612.822.8873 or e-mail him at mil-

HBC An All-Volunteer Organization

HBC exists because of volunteer efforts. Our club is built around bike rides. Leading rides, getting the word out about rides and getting riders to participate, is what we are all about. In many ways our rides define who we are as a club. The "flavor" of a ride plays a large role in determining whether a rider returns to participate on another HBC ride. Our ride leaders represent the club on each and every ride they lead. Many thanks to our dedicated core of leaders. You make our rides fun. You keep us coming back! As Dan Reuter mentioned in his announcement for ride leader training, any of you who aren't ride leaders consider being one. Especially if you presently enjoy a route you'd like sharing with others that isn't offered.

Many support jobs come into play in aiding our main function of conducting bike rides. Because we are an all-volunteer organization, we need everyone's help over the course of time. The more members help, the lighter the burden is on each of us. Not everyone is in a position to help at all times. No volunteer wants the job for

Get Ready for Bike Month

This is the 47th consecutive year the League of American Bicyclists has declared May to be National Bike Month.

After this harsh winter, May will be a great time to get out and ride-and a great time to encourage family, friends and co-workers to get on a bike.

The League is promoting Bike-to-Work Week from May 12-16 and Bike-to-Work Day on Friday, May 16.

This May plan to participate by riding you bike to work. Start by planning you route now. Try it! You may like it!☞

life either! Therefore it is important that volunteers turn over a given job and different folks take on new volunteer responsibilities.

If you can become involved helping for the first time, or in a different way, now or in the future, please consider doing so. The rewards are many. Each of us has hidden talents, we might not even have discovered were it not for "acting out of the box we'd assigned to ourselves." Volunteering offers one an "element of freedom" not often offered by an employer!

Please note the immediate opportunities to volunteer as noted in the article, "...Of the People, By the People, For the People."☞

— Edie Kalweit

CANDISC

John Miller, John Escritt, and I have decided to do the CANDISC ride this August. You are invited to join us.

CANDISC is a bicycling tour of North Dakota. This year's ride costs \$120 and will last from August 2-9, 2003. I was born in North Dakota and resided there until I was 8. Since then, I have returned many times. The route chosen by CANDISC this year will include several towns that I am familiar with and that my father traveled to as a medical doctor in the 1940s and 50s. The fields in August should be quite pretty, as two of the crops in bloom will be canola and sunflowers.

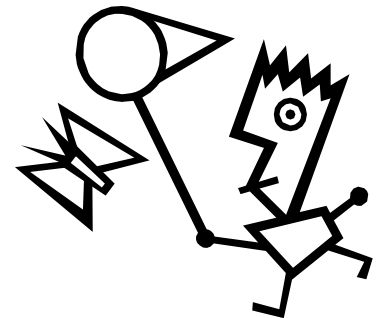
You should plan on camping as most of the towns on the route are very small. The ride is limited to 500. For more information, contact me at 651.770.5463, or go to the website at www.ndparks.com/Trails/candisc.htm.☞

Counting Calories

We are biased but many of us in the club feel that bicycling is the best exercise. It burns up a lot of calories and is not as hard on the joints and feet as walking, running or jogging. The following chart appeared in the January 20, 2003 issue of Newsweek Magazine.☞

— Bruce Beck

Activity	Calories per
Sitting	80
Weight Lifting (Nonvigorous)	215
Volleyball (Recreational)	215
Golf	250
Lawn Mowing	325
Walking at 4 mph	325
Kayaking	360
Dancing (Nightclub)	395
Water Skiing	430
Hiking	430
Aerobics (High impact)	505
Racquetball (Recreational)	505
Tennis	505
In-line Skating	505
Dkiing	575
Hockey (Ice of field)	575
Martial Arts	720
Bicycling at 15 mph	720
Running at 10 min/mi pace	720
Swimming (Crawl stroke)	790



New Member Primer: Your First HBC Ride

On my first club ride I was a little apprehensive of how it was run, what the etiquette was, what was expected of me, and what I could expect of the ride leader and other riders.

HBC rides are meant to be welcoming and fun so you should jump right in and have a good time. Here is how it works.

Equipment

First, make sure you have the right equipment. A bicycle is required, of course. Almost any type is OK as long as it is in good repair. Most HBC members ride upright road bikes but recumbents, mountain bikes (especially in poor road conditions), comfort bikes, tandems, and even a tricycle are used. Just make sure it's the right size and adjusted to fit you.

Bikes come in sizes and it's crucial to start with the right size. Seat height is the most important adjustment. While sitting upright on the seat, your knee should be straight when you place your heel on the pedal.

A helmet is next. Helmets are mandatory on HBC rides. Why? Well, in short, we all know someone who has avoided serious injury or worse because they wore a helmet. Besides, because of the insulative value of the foam padding and air circulation provided by the ventilation slots, wearing a helmet is actually cooler than going bareheaded.

The next mandatory item is a repair kit. Bicycles are known to have flat tires and you should at all times carry a spare inner tube, a patch kit and a pump with the right type fitting for your tires.

Any clothing that is comfortable will work. Padded shorts are usually considered mandatory because the padding is designed to keep you dry and

because seams are placed where they won't chafe. Wicking fabrics are desirable because they transport perspiration to the surface where it evaporates and keeps you cool.

Additional items might be gloves to help you grip the handlebar and protect your hands in a fall and eyewear, sunglasses or clear glasses, to keep those tiny bits of road debris out of your eyes. A mirror to keep you aware of what's going on behind you is also nice to have.

I know this sounds like a lot and if you're just starting to ride, a helmet, repair kit, and, maybe, shorts is enough to start with. As you put more miles on, you can decide what additional equipment is best for you and acquire it then.

Find a Ride

Now that you're fully equipped, find a ride in the HBC activity schedule that appeals to you. Consider your ability level as compared to the ride classification. The schedule is published at the beginning of each month in the Spoke n Wheel newsletter. It is also posted on the HBC web site, www.hiawathabike.org. If you do this the day before the ride, you have the opportunity of calling the ride leader for instructions to the starting place or with questions about any other aspect of the ride.

On the Day of the Ride

On the day of the ride, before you leave home, fill your water bottles. There may or may not be water available at the starting point. Arrive at the starting point at least 20 minutes before the time given in the schedule. The schedule gives the departure time and not the gathering time. After you arrive, finish getting your biking clothes on and prepare your bike for

the ride. Check for proper tire inflation, make sure the wheels spin properly, and make sure that all the parts that are supposed to move, move properly and the parts that are supposed to stay still, stay still.

Now is the time to sign in on the ride sheet and, if you aren't a HBC member, pay the \$2 non-member daily ride fee and sign the release. Members pay no ride fees but must sign in. By signing in a rider get credit for the ride mileage and, more importantly, the ride leader knows who's on the ride and has a handy phone number to call in case of mishap. The sign-in sheet will be at the ride leader's car or some central place.

If you haven't met the ride leader, introduce yourself and, if you are new to HBC, say so, so he or she can introduce you to the other riders when giving the ride instructions. Unless it's a mapless ride, you will also pick up the route map when you sign in.

Now recheck your bike, helmet, and other gear to make sure you have it all and it's all in its proper place.

A few minutes before the ride is to start, the ride leader will call everyone together and give the ride instructions. He or she will go over the route and point out any road construction, heavy traffic areas, and other things you need to know about the route. Rest stops will be discussed and the ride category and position of the ride leaders during the ride will be explained. New members will be introduced and the leader may have everyone give their name. At this point don't be afraid to ask any last minute questions.

You're off! Have A great time!

Next month, ride etiquette.✂

—Judd Zandstra

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:

John Miller, President	612.822.8873
Bruce Beck, Vide President	651.770.5463
Dan Reuter, Treasurer	612.845.8966
Edie Kalweit, Secretary	952.707.0401
Barry Cole, Director	952.884.1064
Nancy Wall, Director	952.829.7418

Team Leaders:

John Miller, Webmaster	612.822.8873
Alan Wichman, Event Schedule	612.789.1315
Mary Poppendieck, Membership	952.934.7427
Chuck Sunder, Statistics	612.285.1946
Russ Tempelman, Insurance	952.934.4127
Kevin Wollersheim, LAB Liaison	952.820.8191
Judd Zandstra, Newsletter	651.486.6404

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 two weeks in advance to the club P. O. Box.

**HIAWATHA BICYCLING CLUB
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MINNEAPOLIS, MN 55424**

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