

## New Ride Classifications

Every time you turn around HBC is doing something new. The new news this month is ride classification codes. Of course you are familiar with current class descriptions (A, A/B, B, and C). To gain background on ride classification systems, the ride leader committee reviewed ride classifications of other major cycling clubs throughout the U.S. No clear preference and uniform interpretation for the A, A/B, B and C system was found. As matter of fact we found that some

wheel turns". In other words when you are stopped, time does not continue running. Most cyclometers have a setting for this type of calculation. You should also be aware that average time includes time spent slowing down for hills, stop signs and other traffic conditions and then speeding up again. To compensate for this you should be able to ride comfortably 1 to 2 mph faster that the average you want to maintain.

Ride Types	Minimum Average Speed	Rest Stops	Leader Rides
F—Fast	18 MPH	At leader's discretion	Anywhere
ST—Sport Touring	14 MPH	Every 20-35 miles	Anywhere
T—Touring	12 MPH	Every 15-20 miles	At the rear
S—Social	10 MPH	Every 10-15 miles	At the rear
N—Night	12 MPH	Optional	Two leaders. One in front, one at rear
O—Off-Road	Depends on conditions	As needed to regroup	Anywhere

clubs use the reverse of our system, i. e., their A ride describes a slower social ride. After much discussion, we decided on new ride types that we feel are more descriptive the then old A, A/B, etc. The new classifications actually match and accurately describe the ride.

This classification system was proposed to the board and approved for implementation in May.

Average riding speed is based on "while the

In addition to new ride types, all rides will be further described as flat, rolling, and hilly. This information will give you an even better picture of what the ride will be like.

While initially you may be a little confused by the new classifications, we believe that they are more descriptive of the actual rides and you will find them more useful in the long run. E

— Dan Reuter

## Thanks...

HBC has a great many volunteers and we don't know what we would do without them. Indeed the HBC program would be less rewarding, in fact impossible, without them.

First, we would like to thank the banquet committee for an excellent meal and amusing program to kick off a new bicycling season. They are: Mary Burbank, Judy Burdick, Augie Muller (Chair), Lucia Pierson. Marian Schweich. Mary Swanstrom, Jim Victorsen, and Rohanda Victorsen .

Second, we thank the volunteers who staffed the club's booth or spoke at the Health and Wellness Expo. They are: Mike Daniels, Bruce Beck, Bob Dean, John Escritt, Mary Griffith, Craig Hanson, Kay Mitchell, Augie Muller, Lucia Pierson, Mary Sargent, Chuck Sunder, Jim Victorsen, Rohonda Victorsen, Kevin Wollerschiem and Judd Zandstra. And thanks particularly to Russ Lowthian for arranging for HBC to have a booth at the Expo.

Margaret Kelly thanks all those who pitched in and helped with the Smart Cycling Series programs. Typically, she didn't mention the most important person, herself. Thanks Margaret and to your able assistant John Grimsley for a series of interesting and informative programs coupled with good camaraderie. E

# 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.E

# 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 queue 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 B, C 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.E

TUE 2 MAY 11:00 AM ST 35-40 MI. HILLY	TUESDAY TUNE-UP Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Various routes. <i>Chuck Sunder 952-475-2047</i>
TUE 2 MAY 5:30 PM T 25-30 MI. FLAT	AROUND THE RIVER RIDE Todd Park, 56 <sup>th</sup> and Chicago Ave S, Minneapolis. <i>Dan Reuter 612-823-1145</i>
WED 3 MAY 10:00 AM ST 35-40 MI. ROLLING	WED WARM-UP Woodlake Lutheran Church, 76 <sup>th</sup> and Oliver in Richfield, just west of I-35W and E. of Penn Ave. Various routes. <i>Chuck Sunder 952-475-2047</i>
WED 3 MAY 5:30 PM ST 20-25 MI. ROLLING	WORKER WORMS Park and ride lot on 44 <sup>th</sup> St, ½ block E of 44 <sup>th</sup> and France in S Minneapolis. A predictable ride for everyone who has had another hard day at work. <i>John Miller 612-822-8873</i>
WED 3 MAY 5:30 PM ST 17-24 MI. FLAT	GATEWAY GETAWAY Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463</i> <i>Judd Zandstra 651-486-6404</i>
WED 3 MAY 6:00 PM T 20-25 MI. HILLY	HOPKINS HIGHBALL <i>The Depot</i> , 9451 Excelsior Blvd, just E of the Hwy 169 overpass, Hopkins. Highball out of the Hopkins railroad depot for after-work fun! This ride may operate over portions of the SW LRT Trail. <i>Mary Griffith 952-925-5211(h) 612-348-2871 and other leaders</i>
THU 4 MAY 9:00 AM ST 30 MI.	PEDALING PAST POOH'S POSH PAD Minnehaha Falls Park, Minneapolis. Meet in the \$1 parking lot at Godfrey and Minnehaha. Allow extra time for the construction at Minnehaha and 50 <sup>th</sup> . Follow the detour signs. Join us as we peddle past the home of Winnie the Pooh. We'll stop and say hello to Christopher Robin and see what Pooh is wearing. <i>Laurie Dineen 651-489-5843</i>
THU 4 MAY 5:30 PM 31 MI. HILLY	GRANNY'S NIGHT OUT Minnehaha Falls, Minneapolis. Meet across from the Dairy Queen. A challenging metro area hill training ride. <i>Bob Dean 612-823-4924</i>
FRI 5 MAY 11:00 AM ST 36 MI. FLAT	TWO SUES TOO MANY Hope Lutheran Church, 5728 Cedar Ave S, Minneapolis. This is a city ride; could include Fort Snelling, Summit Ave, the Stone Arch Bridge, and Twin Cities neighborhoods. Food after at either <i>Fat Lorenzos</i> or the <i>58 Club</i> . <i>Susan Evan 612-729-1441</i> <i>Sue Blum 651-690-2100</i>
FRI 5 MAY 5:45 PM T 25-30 MI. HILLY	MEDITERRANEAN MOODS Top level of the Edina free parking ramp on 49½ St, ½ block W of France Ave. Use S ramp. A medium-paced, friendly ride. Mapless. Group rides together. Dinner after the ride at <i>D'Amico and Sons</i> . <i>Wilbur Thomas 952-935-1672</i> <i>Mary Griffith 952-925-5211</i>
SAT 6 MAY 8:30 AM	HBC BOARD MEETING Concordia University, Finance and Operations building, 1371 Marshall Ave, St Paul, corner of Marshall and Hamline, just W of Tracy One Stop. Use the F&O parking lot. Contact President <i>Bob Dean</i> for agenda items. <i>Bob Dean 612-823-4924</i>
SAT 6 MAY 9:00 AM T 30-40 MI. FLAT	BEATS MOWING THE LAWN Snail Lake Regional Park. N on Victoria from I-694. R on Snail Lake Blvd. Lower lot by beach. Save the afternoon for mowing or gardening...or go on another ride. Route varies. <i>Judd Zandstra 651-486-6404</i>
SAT 6 MAY 1:00 PM T 20-25 MI.	CONCORDIA UNIVERSITY RIDE Concordia University, St Paul, parking lot "C," on Hamline Ave just S of Gangelhoff Gym. <i>Leon Webster 651-690-3492</i>
SAT 6 MAY 1:00 PM T 37 MI. ROLLING	THE LONG WAY TO WACONIA Meet under the water tower in Maple Plain, 10 mi. W of Wayzata on Hwy 12. <i>Jim Victorsen 763-479-2768</i>
SUN 7 MAY 9:00 AM ST 65-70 MI. ROLLING	MARCH TO MONTICELLO Zachary Square Shopping Center, Maple Grove, about 1 mi. W of Osseo on Cty Rd 81; turn right on Zachary Ln and go about ½ mi. to the Center parking lot. Travel the scenic byways of the western metro <i>en route</i> to lunch in Monticello. Enjoy the wide open spaces as you pedal back. <i>John Grimsley 763-424-6782</i> <i>Margaret Kelly 612-824-3044</i>
SUN 7 MAY 4:00 PM S 30 MI. ROLLING	SUNDAY SPAGHETTI SOCIAL Corner of Cty 42 and Cty 11 in Burnsville. From I-35E and I-35W, go E 1.5 mi. on Cty 42. A social ride. Eat at <i>Ciatti's</i> afterward. <i>Marian Schweich 952-469-2077</i>
TUE 9 MAY 11:00 AM ST 35-40 MI. HILLY	TUESDAY TUNE-UP Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Various routes. <i>Chuck Sunder 952-475-2047</i>
TUE 9 MAY 5:30 PM T 25-30 MI. FLAT	AROUND THE RIVER RIDE Todd Park, 56 <sup>th</sup> and Chicago Ave S, Minneapolis. <i>Dan Rueter 612-823-1145</i>
WED 10 MAY 10:00 AM ST 35-40 MI. ROLLING	WED WARM-UP Woodlake Lutheran Church, 76 <sup>th</sup> and Oliver in Richfield, just west of I-35W and E. of Penn Ave. Various routes. <i>Marian Schweich 952-469-2077</i>

WED 10 MAY 5:30 PM ST 20-25 MI. ROLLING	WORKER WORMS Park and ride lot on 44 <sup>th</sup> St, ½ block E of 44 <sup>th</sup> and France in S Minneapolis. <i>John Miller 612-822-8873</i>
WED 10 MAY 5:30 PM ST 17-24 MI. FLAT	GATEWAY GETAWAY Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463</i> <i>Judd Zandstra 651-486-6404</i>
WED 10 MAY 6:00 PM T 20-25 MI. HILLY	HOPKINS HIGHBALL <i>The Depot</i> , 9451 Excelsior Blvd, just E of the Hwy 169 overpass, Hopkins. See 3 May. <i>Mary Griffith 952-925-5211 (H) 612-348-2871 and other leaders</i>
THU 11 MAY 5:30 PM F 30 MI. VERY HILLY	HILL RIDE Battle Creek Park on Afton just E of McKnight Rd. This ride speaks for itself! Very hilly and very demanding. <i>Mike Leibfried 651-463-3541</i>
FRI 12 MAY 5:45 PM T 25-30 MI. HILLY	MEDITERRANEAN MOODS Top level of the Edina free parking ramp on 49½ St, ½ block W of France Ave. Use S ramp. See 5 May. <i>Wilbur Thomas 952-935-1672</i> <i>Mary Griffith 952-925-5211</i>
SAT 13 MAY 9:00 AM T 30-40 MI. FLAT	BEATS MOWING THE LAWN Snail Lake Regional Park. N on Victoria from I-694. R on Snail Lake Blvd. Lower lot by beach. See 6 May. <i>Judd Zandstra 651-486-6404</i>
SAT 13 MAY 2:00 PM ST 62 MI. ROLLING	WESTERN METRIC CENTURY Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Ride around Lake Minnetonka and into Carver County, with a stop at <i>Adele's</i> in Excelsior for frozen custard. <i>Charlie Caswell 763-566-7381</i>
SUN 14 MAY 10:00 AM S 30 MI. ROLLING	TROUT BROOK Battle Creek Regional Park, McKnight at Upper Afton Leisurely ride via Gateway Trail and the new Trout Brook trail to McCarron's Lake; fast-food lunch near the lake. <i>Richard Newmark 651-735-4541</i>
SUN 14 MAY 1:00 PM S 15-18 MI.	MAMA'S OUT RIDIN The PDQ, 11301 Dayton River Rd, Dayton. From US 169, go NW 1.5 mi. on Dayton Rd/Dayton River Rd. Ride through beautiful Elm Creek Park and circle back to hot java or a cool Pop-sicle. Moms, dads, kids, and singles welcome. <i>Mary Swanstrom 612-427-2909</i>
SUN 14 MAY 3:45 PM T 30-35 HILLY	SUNDAY SOIRÉE <i>Edina Liquor Store</i> parking lot, W. 50 <sup>th</sup> St. at Interlachen Blvd, Edina. Part of this ride operates over the SW LRT Trail—S Corridor. Dine at the <i>Eden Ave Grill</i> after the ride. <i>Wilbur Thomas 952-935-1672.</i>
MON 15 MAY	<b>DEADLINE FOR JUNE NEWSLETTER</b> Get your rides and news articles in next month's newsletter. <i>For rides—</i> <i>John Miller events@hiawathabike.org 612-822-8873</i> <i>For news—</i> <i>Judd Zandstra news@hiawathabike.org or c/o HBC PO Box</i>
TUE 16 MAY 11:00 AM ST 35-40 MI. HILLY	TUESDAY TUNE-UP Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Various routes. <i>Chuck Sunder 952-475-2047</i>
WED 17 MAY 10:00 AM ST 35-40 MI. ROLLING	WED WARM-UP Woodlake Lutheran Church, 76 <sup>th</sup> and Oliver in Richfield, just west of I-35W and E. of Penn Ave. Various routes. <i>Chuck Sunder 952-475-2047</i>
WED 17 MAY 5:30 PM ST 20-25 MI. ROLLING	WORKER WORMS Park and ride lot on 44 <sup>th</sup> St, ½ block E of 44 <sup>th</sup> and France in S Minneapolis. <i>John Miller 612-822-8873</i>
WED 17 MAY 5:30 PM ST 17-24 MI. FLAT	GATEWAY GETAWAY Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463</i> <i>Judd Zandstra 651-486-6404</i>
WED 17 MAY 6:00 PM T 20-25 MI. HILLY	HOPKINS HIGHBALL <i>The Depot</i> , 9451 Excelsior Blvd, just E of the Hwy 169 overpass, Hopkins. See 3 May. <i>Mary Griffith 952-925-5211 (h) 612-348-2871 and other leaders</i>
THU 18 MAY 9:30 AM ST 30 MI.	PEDALING PAST POOH'S POSH PAD Minnehaha Falls Park, Minneapolis. Meet in the \$1 parking lot at Godfrey and Minnehaha. See 4 May. <i>Laurie Dineen 651-489-584</i>
THU 18 MAY 5:30 PM 31 MI. HILLY	GRANNY'S NIGHT OUT Minnehaha Falls, Minneapolis. Meet across from the Dairy Queen. A challenging metro area hill training ride. <i>Bob Dean 612-823-4924</i>
FRI 19 MAY 5:45 PM T 25-30 MI. HILLY	MEDITERRANEAN MOODS Top level of the Edina free parking ramp on 49½ St, ½ block W of France Ave. Use S ramp. See 5 May. <i>Wilbur Thomas 952-935-1672</i> <i>Mary Griffith 952-925-5211</i>
SAT 20 MAY 9:00 AM T 30-40 MI. FLAT	BEATS MOWING THE LAWN Snail Lake Regional Park. N on Victoria from I-694. R on Snail Lake Blvd. See 6 May. <i>Judd Zandstra 651-486-6404</i>

## Ride Statistics

Thanks to the many riders who braved poor riding conditions over the winter months. Of course some of them think this just adds to the fun. These statistics cover November 1 through March 12. Just watch them grow as spring approaches.E

## Rides Lead

CHUCK SUNDER	19
JOHN MILLER	17
WILBUR THOMAS	12
BOB DEAN	8
MIKE LEIBFRIED	7
BRUCE BECK	5
DAN REUTER	4
MIKE DANIELS	3
JUDD ZANDSTRA	2
MARIAN SCHWEICH	2
SUSAN EVAN	2
SUE BLUM	2
MARY GRIFFITH	2

## Ride Participation

JOHN ESCRITT	44
CHUCK SUNDER	42
JIM JOY	36
LUCIA PIERSON	34
BOB DEAN	29
JOHN GAMRADT	28
JOHN MILLER	27
DAVID GEPNER	26
WILBUR THOMAS	25
BRUCE BECK	24
MIKE LEIBFRIED	20
CHRIS BURBANK	19
RUSS TEMPELMAN	18

## Mileage

JOHN ESCRITT	1280
CHUCK SUNDER	1119
LUCIA PIERSON	963
JIM JOY	912
BOB DEAN	837
WILBUR THOMAS	772
JOHN GAMRADT	743
BRUCE BECK	741
DAVID GEPNER	608
JOHN MILLER	573
MIKE LEIBFRIED	481
CHRIS BURBANK	474
RUSS TEMPELMAN	471

# Great News!

Several HBC members have earned discounts towards their 2000-2001 membership dues. If you are not one of them and have friends to recruit, you to can save on next years club dues.

Help HBC reach its membership goals and the club will extend your membership, an extra month for every additional membership (individual or family), you recruit.

Plus, the top recruiter, at the end of the year, will receive a gift certificate valued at over \$100. More details and a list of sales status to be printed in next months issue.E

# Low-Tech Ride Maps

Elsewhere in this newsletter there is a great offer for purchase of mapping software for your computer. I use it myself but it occurs to me that there are some ride leaders who have to do it manually. There is another way.

Before I started using the computer, I had a simple system. First, drive the route to find the mileage and any road hazards. Next, get a street map at a drug store or gas station, as detailed as possible.

Arm yourself with a black felt tip pen with a medium broad tip, an HBC logo, and a glue stick. Trot off to Kinko's. Commandeer a do-it-yourself copier.

Now, fold your map to the area of your ride and make a copy. Use the light-dark buttons to make it relatively light. Use the zoom so the route fills the page. Trace your route on the map with your felt tip pen and paste on the HBC logo. Print the name of the ride and the distance on a blank piece of paper. Cut it to size and paste it on the map.

There you are. Just make as may copies as you need and you're done.

— Judd Zandstra

SAT 20 MAY 8:00 AM- SUN 21 MAY T 120 MI. EARTHY	ST. CROIX WEEKEND Call for Leon details. A self supported camping ride about 60 mi. each way. Carry your gear and camp in St. Croix State Park. Eat Saturday evening dinner and Sunday breakfast at the Chisago house in Taylor's falls or cook if you prefer. Call Leon for more details. <i>Leon Webster 651-690-3492</i>
SUN 21 MAY 8:00 AM ST 35-40 MI. ROLLING	MEDICINE LAKE MEDITATION SE corner of W Lake St and Holmes Ave S in Minneapolis. Use the Norwest Bank/Sons of Norway parking lot. Ride includes Medicine Lake, Plymouth, and parts of Minnetonka. A few challenging hills, but mostly flat. Brunch is optional on the way back at Crossroads Deli. Don't forget a lock. Self-sufficient T riders very welcome. <i>Harry Greenberg 612- 870-9418 harry@scc.net</i>
SUN 21 MAY 8:30 AM F 120 MI. SEMI HILLY	LAKE PEPIN LOOP 1 Cannon Valley Trail in downtown Cannon Falls. Very scenic with challenging terrain. Bring \$3 for trail fee. <i>Mike Leibfried 651-463-3541</i>
SUN 21 MAY 10:30 AM ST 70 MI. SEMI HILLY	LAKE PEPIN LOOP 2 Red Wing Pottery Factory in Red Wing. Very scenic with challenging terrain. <i>Bob Dean 612-823-4924</i>
SUN 21 MAY 4:00 PM S 30 MI. ROLLING	SUNDAY SPAGHETTI SOCIAL Corner of Cty 42 and Cty 11 in Burnsville. From I-35E and I-35W, go E 1.5 mi. on Cty 42. A social ride. Eat at Ciatti's afterward. <i>Marian Schweich 952-469-2077</i>
MON 22 MAY 10:00 AM S 20-25 MI. FLAT	ESCAPE TO NORTH BRANCH Sunrise Prairie Trail parking lot. Take I-35 N to Wyoming exit, turn E (right) to Hwy 30/61, then N (left) two blocks to trailhead. Bring lunch money. <i>Stanley Hinich 651-646-8311 Herb Schultz 612-941-4381</i>
TUE 23 MAY 11:00 AM ST 35-40 MI. HILLY	TUESDAY TUNE-UP Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Various routes. <i>Chuck Sunder 952-475-2047</i>
TUE 23 MAY 5:30 PM ST 25-30 MI. FLAT	AROUND THE RIVER RIDE Todd Park, 56 <sup>th</sup> and Chicago Ave S, Minneapolis. <i>Dan Reuter 612-823-1145</i>
WED 24 MAY 10:00 AM ST 35-40 MI. ROLLING	WED WARM-UP Woodlake Lutheran Church, 76 <sup>th</sup> and Oliver in Richfield, just west of I-35W and E. of Penn Ave. Various routes. <i>Marian Schweich 952-469-2077</i>
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WED 24 MAY 5:30 PM ST 17-24 MI. FLAT	GATEWAY GETAWAY Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463 Judd Zandstra 651-486-6404</i>
WED 24 MAY 6:00 PM T 20-25 MI. HILLY	HOPKINS HIGHBALL <i>The Depot</i> , 9451 Excelsior Blvd, just E of the Hwy 169 overpass, Hopkins. See 3 May. <i>Mary Griffith 952-925-5211 (H) 612-348-2871 and other leaders</i>
THU 25 MAY 5:30 PM F 30 MI. VERY HILLY	HILL RIDE Battle Creek Park on Afton just E of McKnight Rd. Seriously unflat. <i>Mike Leibfried 651-463-3541</i>
FRI 26 MAY 5:45 PM T 25-30 MI. HILLY	MEDITERRANEAN MOODS Top level of the Edina free parking ramp on 49½ St, ½ block W of France Ave. Use S ramp See 5 May. <i>Laurie Dineen 651-489-5843 Margaret Kelly 612-824-3044</i>
SAT 27 MAY-5 JUNE	RAILS TO RAGTIME Self-supported ride from St. Louis to Kansas City on the scenic Katy Trail. Visit historic towns, wineries along the Missouri River. Day off in Sedalia, MO for Scott Joplin Ragtime Festival. <i>Wilbur Thomas 612-935-1672 Mary Griffith 612-925-5211</i>
SAT 27 MAY 8:30 AM ST 100 MI. ROLLING	HOUDINI White Bear Beach, on Hwy 96, ½ mi. E of US 61. Join me on this magical tour of the rolling hills of E Wisconsin. The miles will disappear and so will... <i>Dan Reuter 612-823-1145</i>
SAT 27 MAY 9:00 AM T 30-40 MI. FLAT	BEATS MOWING THE LAWN Snail Lake Regional Park. N on Victoria from I-694. R on Snail Lake Blvd. Lower lot by beach. See 6 May. Route varies from week to week. <i>Judd Zandstra 651.486.6404</i>
SUN 28 MAY 9:00 AM F AND ST 100 MI. HILLY	TWO STATE 100 WITH A BUMP Rosemount Community Center, 1 mi. N of Cty Rd. 42 on Hwy 3 in Rosemount. Very scenic with challenging terrain. Bring \$3 for trail fee. <i>Mike Leibfried 651-463-3541</i>
TUE 30 MAY 10:00 AM S 40 MI.	CANNON RIVER SPIN Red Wing trailhead, one block N of Hwy 61 at the Bench St turnoff. \$2 trail fee. Bring lunch money. <i>Stanley Hinich 651-646-8311 Herb Schultz</i>
TUE 30 MAY 11:00 AM ST 35-40 MI. HILLY	TUESDAY TUNE-UP Minnetonka City Hall, Minnetonka Blvd and Williston Rd, just west of I-494. Various routes. <i>Chuck Sunder 952-475-2047</i>
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WED 31 MAY 5:30 PM ST 18-22 MI. FLAT	THE GATEWAY ZONE Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463</i> <i>Judd Zandstra 651-486-6404</i>
WED 31 MAY 6:00 PM T 20-25 MI. HILLY	HOPKINS HIGHBALL <i>The Depot</i> , 9451 Excelsior Blvd, just E of the Hwy 169 overpass, Hopkins. See 3 May. <i>Russ Tempelman 952-934-4127</i>
THU 1 JUNE 9:30 AM ST 30 MI.	PEDALING PAST POOH'S POSH PAD Minnehaha Falls Park, Minneapolis. Meet in the \$1 parking lot at Godfrey and Minnehaha. See 4 May. <i>Laurie Dineen 651-489-5843</i>
THU 1 JUNE 5:30 PM F 30 VERY HILLY	HILL RIDE Battle Creek Park on Afton just E of McKnight Rd. Not flat. <i>Mike Leibfried 651-463-3541</i>
FRI 2 JUNE 05:45 PM T 25-30 MI. HILLY	MEDITERRANEAN MOODS Top level of the Edina free parking ramp on 49½ St, ½ block W of France Ave. Use S ramp. See 5 May. <i>Laurie Dineen 651-489-5843</i> <i>Margaret Kelly 612-824-3044</i>
SAT 3 JUNE 1:00 PM T 20-25 MI.	CONCORDIA UNIVERSITY RIDE Concordia University, St Paul, parking lot "C," on Hamline Ave just S of Gangelhoff Gym. <i>Laurie Dineen 651-489-5843</i>
SAT 4 JUNE 1:30 PM ST 45 MI. ROLLING	WASHINGTON COUNTY TOUR Gateway Cycle, Hwy 36 and 120 in Oakdale. Ride around in scenic Washington County. <i>Bruce L. Beck 651-770-5463</i>
WED 7 JUNE 5:30 PM ST 17-24 MI. FLAT	GATEWAY GETAWAY Gateway Cycle, Hwy 36 and 120 in Oakdale. Get your mid-week bike ride fix. <i>Bruce L. Beck 651-770-5463</i> <i>Judd Zandstra 651-486-6404</i>
4 JULY 25 MI. AND 65 MI.	TOUR D'AMICO 2000 Go to <a href="http://www.hiawathabike.org">www.hiawathabike.org</a> to find out more about this ride and see the new jersey.
SAT 15 JULY 5:15 AM F 430 MI.	5 <sup>TH</sup> ANNUAL MINNESOTA DOUBLECROSS. Stillwater to Ortonville on Saturday; Ortonville to Stillwater on Sunday. 215 mi. each day. Pre-registration required. <i>Paul Lee 612-823-3058</i>

## Tour D'Amico Jersey Update

The Tour D'Amico Jersey committee has been hard at work and I have inside information. For those of you who are curious...the jersey will be Italian flavored...flying the colors of the Italian flag, one diagonal stripe each of red, white and green. The back of the jersey will proudly display "Tour D'Amico" in the white stripe and across the 3 pockets it will say Eat Well, Laugh Often, Live Long. The front of the jersey has the D'Amico's and Sons logo with "Tour D'Amico, July 4, 2000". The right sleeve is red and carries the HBC logo; the left sleeve is white with D'Amico's logo. The side panels have corresponding Internet web site addresses for HBC and D'Amico and Sons. The jersey sports a long zipper for those warm summer days we are longing for.

You can see a rough sketch of the jersey on the HBC web site at <http://www.hiawathabike.org/tda/jersey.html>. Your order for the jersey needs to be post marked by **May 8, 2000**. So don't delay and don't forget the \$5 discount for members; you won't want to be the only kid on the block without a jersey of your very own. E

## Those Priceless Kodak Moments are Needed!

The HBC marketing group will again be holding a photo contest, of club related memories, for future club promotion. Photos submitted will be used throughout the year and prizes for the best, will be awarded at the Spring banquet in 2001.

Please send your photos to Russ Lowthian, 6135 Kellogg Ave. #222, Edina MN 55424-1802. If negatives are available please include with photo(s). E

## D'amico and Sons Announces 20% Discount For All Tour D'amico 2000 Riders

Tuesday, April 4, D'Amico and Sons announced a special discount for all riders on HBC's **Tour D'Amico 2000** 4th of July ride. Riders who display the special **Tour D'Amico 2000** wristband at any of the nine D'Amico and Sons cafes will get a 20% discount on any meal order between July 5 and July 31, 2000. This offer is not valid with any other offers. Riders on **Tour D'Amico 2000** will get wristbands at check-in on July 4. The 20% discount offer, of course, is in addition to the bountiful Italian picnic that is included at no charge with the ride.

D'Amico and Sons offer delicious salads, wood-oven pizzas, pastas, entrées, fresh breads and pastries, and free, unlimited refills on soft drinks, lemonade, iced tea and coffee. Select microbrews and budget wines from Chile round out the menu. All menu items (except bottled wines) are priced under \$9 and are prepared from fresh ingredients before your very eyes. E

Don't miss out on the Metro's coolest new ride and the 20% discount at D'Amico and Sons after July 4. Register now for **Tour D'Amico 2000** to be sure that you can ride. Space is limited due to the compact size of the parking lot at Preserve Village.

Visit our Tour D'Amico 2000 web page at [www.hiawathabike.org/tda](http://www.hiawathabike.org/tda) for full ride information and a downloadable ride application that you can print.

To get your **Tour D'Amico 2000** jersey your order must be postmarked by May 8. Need size, color and design information? Our Tour D'Amico 2000 web page (address above) offers you a size chart and color pictures of the jersey.

**Tour D'Amico 2000**, your 20% meal discount, and your \$5 jersey discount are yet another way that **Hiawatha Bicycling Club** adds value to your membership. Enjoy fun, friends, fitness and great food. Ride with the finest. Ride with HBC!

# DeLorme Announces Major Discount To HBC Ride Leaders On Mapping Software

[The offer below is a rare opportunity to buy Street Atlas USA® at a greatly reduced price. However, there is no obligation to purchase it or to use it to make ride maps. Ed.]

Since the beginning of the CD-ROM revolution, DeLorme, Inc. has been at the forefront of mapping technology.

DeLorme's *Street Atlas USA*® provides detailed street maps of the entire United States. First released in 1991, *Street Atlas USA*®, now in version 7, September 1999, has since been America's best-selling mapping software program

Many HBC ride leaders use *Street Atlas USA*® to make accurate and precise route maps for HBC's rides. Need to change part of your route due to road construction or discovery of a better routing? It takes just seconds in *Street Atlas USA*. Want a cue sheet? *Street Atlas USA*® will make it for you. How long

is your route or any segment of your route? *Street Atlas USA* will measure the distance in a flash.

Now you, too, can make beautiful, accurate maps of your routes. On April 13 DeLorme, Inc. announced a special, discounted price on *Street Atlas USA*® for HBC ride leaders who order through HBC. For only \$25.95 you can own the *Street Atlas USA* CD ROM. HBC's special price is a 48% discount over the direct price of \$49.95.

Our agreement with DeLorme requires that we place our order in a minimum quantity. Thus, we must place a group order and can't order single copies.

**Therefore, we ask that you send your check for \$25.95 to HBC's P.O. Box so that your order is postmarked by May 30. We will return orders postmarked after May 30.**

HBC will also provide training sessions

for ride leaders new to *Street Atlas USA*. Ride leaders experienced in *Street Atlas USA* have volunteered to serve as instructors and mentors for any ride leaders who need help.

For more information about *Street Atlas USA* and a demo, see DeLorme's web page at [www.delorme.com/streetatlasusa](http://www.delorme.com/streetatlasusa). Questions? E-mail [maps@hiawathabike.org](mailto:maps@hiawathabike.org).

HBC's special offer is our way of thanking our ride leaders for the super job that you do. We'd like to make your leading fun and easy. *Street Atlas USA*® enables you to make attractive, accurate maps. You can also add your map to our on-line Metro Bike Atlas.

We won't be able to make this offer again for at least another year. So send your check for \$25.95 to HBC now. Mark your envelope "*Street Atlas USA*." E

## IRS Rules That HBC Is Exempt From Federal Income Tax

On February 8, 2000 the Internal Revenue Service (the Service) granted HBC a favorable ruling on our request for exemption from Federal income tax. The IRS said that, "We have determined that you are exempt from Federal income tax under section 501(a) of the Internal Revenue Code." The Service granted HBC's request for tax exemption in record time, approximately 30 business days from the date HBC submitted its request. Tax exempt ruling requests like HBC's can normally take 90 days or longer.

The Service's finding that HBC is exempt from Federal income tax is important for three reasons:

1. HBC's income is generally not taxable by either the Federal government or by the State of Minnesota.

2. Our tax-exempt status enhances our position with corporate sponsors and supporters, such as D'Amico and Sons, Prairie Cycle, and DeLorme.

3. Members of the public are much more inclined to support our large, public events (for example, *Tour D'Amico*) if they know that we are a tax exempt organization.

The tax law governing nonprofit organizations like HBC, however, is complex. Not all the income of such organizations is tax exempt. Under section 511 of the Internal Revenue Code of 1986, for example, income that is unrelated to the exempt purposes of the organization is fully taxable.

Newsletter advertising income, exchanges of mailing lists and the sale of products are all items that may create

"unrelated business income." Under section 511 of the Code these types of income generally are taxable. The law then requires that the organization file a Federal income tax return, compute taxable income and pay tax on these items of income at corporate rates. Failure to report unrelated business income can result in severe penalties for the organization and for the person(s) in the organization who are responsible.

As a member of HBC you can be proud that the Service granted our request for tax exemption in record time. You can also be confident that your club won't experience any difficulties with the IRS. HBC's financial, tax and legal professionals will make sure that your club complies fully with Federal income tax law. So relax and ride with the finest! E

## Slow and Steady Riders Wanted

I'm organizing a club grouping of Touring skilled riders who have the stamina but not speed for ride lengths of the Sport Touring and Fast categories.

Each month I'll contact folks in my "Hare" (as in the "Tortoise and the Hare" fable) group via email or a phone tree. We'll select Sport Touring and Fast trips to piggy back on. We'll start with the other bicyclists with the full knowledge and understanding that we'll soon be not just back of the pack but also out of sight and riding independently. We'll watch out for each other, ride as a group, and not be a burden to the ride leaders of these trips. What may be a 4-hour trip for the fast riders could be a 5-hour trip for us "Hares."

Participant should be able to fix flat tires, bicycle without stopping for 30 miles, and keep an average of 12-13 mph on the flats. That means that hills will slow us down but on flats we should be able to keep a steady 12-13 mph pace, and speed up with tail winds. You won't be obligated to ride every such designated ride. However, if you decide to attend one of these rides, at least you'll have a fellow "Hare" along.

Of course, ideally, we'll also establish our own rides. I plan to lead such rides starting in June.

To participate, contact me, Bruce Pomerantz, via email at <brucep@usfamily.net> or call me at 763-574-2330.E

— Bruce Pomerantz

## Bolder Options

*Bolder Options* is a mentoring program that uses running and biking to promote positive youth behavior. Here's how it works. They give each kid a bike and a mentor. The mentor meets with their buddy twice a week to practice. *Bolder Options* is in desperate need of biker mentors at this very moment.

*Bolder Options* mentors make a three-month commitment:

- Bike with their mentee twice a week. (Mentors usually pick up the youth at his or her house.)
- Spend one full Saturday with a group of *Bolder Options* mentors and mentees at Camp St. Croix in Hudson, Wisconsin, for an Adventure Learning day (including a high-ropes course!)
- Help their mentee train for and bike in three cycling rides.
- Help their mentee set and reach goals for running/biking and for life.
- Act as a positive role model and good listener for a young person.

Mentors are not necessarily speedy runners or bikers themselves. Every HBC member who has an appreciation for building positive assets with youth is welcome. Phone: 612-338-8592. Fax: 612-338-5249 E:Mail [info@bolderoptions.org](mailto:info@bolderoptions.org) Web Site: <http://www.bolderoptions.org>.E

— Harry Greenberg

## Riding CANDI SC

*[A couple of months ago I asked readers to send in their opinions of some multi-day rides they had taken. The response was underwhelming but I do thank those 2 or 3 people who sent in information. Mary and Chris Burbank have done several of these rides and Mary (just give her a blank screen and a keyboard) sent in descriptions of four. Ed.]*

North Dakota is another state that is not flat. CANDISC, Cycling Around North Dakota in Sakakawea Country is approximately 450 miles in 7 days starting in Garrison. They used a different route every year for the first 5 years and then started to repeat them. This year it's the Badlands of ND.

It is a very well organized ride for about 350 riders. Overnight stays are in parks and schoolyards. It generates scholarships for young people in towns that

host the ride.

The ride is run by two of the craziest, and fun people I have ever had the pleasure of riding with. One rest stop had tropical music playing, lawn chairs, plastic leis, big clown sized sunglasses, straw hats, grass skirts, and umbrella tables, out in the middle of know where. The organizers hold a name the porta-potty contest prior to ride registration. There are 5 porta-potty's to name and a ride theme to keep in mind. They award prizes for the top 5 names and the names are put on the facilities for the week.

The year we did the ride one of the littlest host towns asked the organizers if we would put on a parade for them. They had never seen so many different kinds of bikes. There were signs all over the town, Bike Parade 2:00. So the organizers hooked up the porta-potty trailer to the sag vehicle, cranked up flight of the bumble bees, put the name the porta-potty queen on a throne between two of the units, gave her a plunger as her scepter, and had her fling handy wipes to the crowds, followed by 150 bikers! It was a gas.

Every day just when the morning caffeine was making its presence known, there on the horizon was a porta-potty. For the rest of the day you never worried about it, the trailers were placed every 15 or so miles.

The organizers made sure we knew about local attractions and patrolled the routes well. They stopped to offer to take photos of riders in front of significant signs like Welcome to Montana, and ran across the road to the other side so we could do the Welcome to ND without doing the century option.

It was great fun. This year the cost is \$95, which includes a free t-shirt. Typical day was 65 miles. I highly recommend it but hate to let the secret out. Info: 1-800-799-4242 [www.state.nd.us/ndparks/Trails/candisc.htm](http://www.state.nd.us/ndparks/Trails/candisc.htm).E

— Mary Burbank

# Spoke n Wheel

Published monthly for the members of the Hiawatha Bicycling Club. Subscriptions included with HBC membership only. Sample 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.*

Judd Zandstra, Editor

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See our web site for e-mail addresses for the board of directors and committee chairs. The web site also contains an activity schedule, ride maps, and articles that have appeared in this newsletter.

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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 a week in advance to the club P. O. Box.

Hiawatha Bicycling Club  
P. O. Box 24920  
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## Spoke n Wheel to Accept Advertising

Up to this point you may have noticed that Spoke n Wheel has not contained any commercial advertising. At the last board meeting, an advertising program was approved. We hope to limit ads to goods and services that are of interest to HBC members.

A rate list will be out soon. We will do a mailing covering bike shops and other related establishments. In addition we will be starting a program where HBC members can earn a commission by selling ads. If you know of an establishment that would be interested in advertising in , contact the editor by e-mail ([news@hiawathabike.org](mailto:news@hiawathabike.org)) or phone (651-486-6404). Not only can you earn money but also insure that Spoke n Wheel will continue as a high quality publication.

## Want Ads

# Got Stuff You Don't Need?

***Sell it by placing a Want Ad in Spoke n Wheel***

Free to HBC members. Must be bicycling or silent sports related and not part of a for-profit venture. Text only, limited to 2 column inches. The editor reserves the right to reject any ad.

