



October 2002

# Spoke n Wheel

Activities and News of the Hiawatha Bicycling Club

## Annual Meeting on November 9th

The annual meeting of the Hiawatha Bicycling Club will take place on November 9th.

It will be held at North Presbyterian Church, Highway 36 and Charles in North St. Paul.

The festivities will start with a bicycle ride in the afternoon with a social hour starting at 5:00 and food (possibly potluck) at 6:00. Following the meal will be the annual meeting. Various

committees will give reports (hopefully short) followed by election of the Board of directors.

All members who are interested in the welfare and direction of HBC should attend.

Specific plans for the dinner and for the rides preceding the meeting have not been firmed up yet. See the next issue of *Spoke n Wheel* for details.

## Call for Nominations to the HBC Board of Directors

Four of the current HBC Directors have chosen not to run again for 2003. Lucia Pierson, Cheryl Norton, Richard Newmark, and I will be stepping down. Bruce Beck, Edie Kalweit, and John Miller have already agreed to run for the board in 2003. That means we need between two and four additional directors.

As a board member, your duties are to set policy and to oversee the operation of the club. In general, that means that you attend one board meeting per month, facilitate the work of the various team leaders, and help organize the annual meeting and the appreciation banquet.

If you would like a greater voice in how Hiawatha Bicycling Club is run, or are looking for an opportunity to serve the club (I will not go in to my sermon about volunteering here), please contact any member of the nominating committee: Mary Burbank (cburbank@worldnet.att.net), Alan Wichman(events@hiawathabike.org), or Leon Webster(leon@leonwebster.com).

The board will be elected at the annual meeting, which will be held on November 9th.

— Leon Webster

## Thanks to St. Paul Classic Volunteers

Thanks to the many volunteers who made the Mounds Park rest stop on the St. Paul Classic a success. There was no shortage of volunteers. In fact, there were some unfamiliar faces. Perhaps, they'd rather volunteer than ride. Whatever the reason, more power to 'em.

The St. Paul Classic is the largest ride in the Twin City area with about 6,000 riders. Riders are of all ages and abilities. For many this is the bicycling event of the year.

The rest stop consisted of a large tent surrounded by a grassy area. Riders could fill up on strawberry lemonade and water. A large va-

riety of food was available, cookies, fruit, bread, granola bars, and more. A reggae band performed and some riders had enough energy left to dance.

In addition to providing a service to the bicycling community, HBC had the opportunity to introduce itself to many people who would have been otherwise unaware of it. We erected a large banner and made available brochures and flyers for the Carver Clover ride.

This volunteer opportunity looks like a winner, thanks to all of you who helped out.

## 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 35 miles; for T rides every 15 to 20 miles, and for S rides every 10 to 15 miles. 🚫

## Activity Schedule

TUE 1 OCT 10:00 AM ST 25-40 mi. ROLLING	TUESDAY TUNEUP Minnetonka City Hall, Just west of 494 on Minnetonka Blvd and Williston Rd. Various routes, every one sensational. Fall colors! Chuck Sunder 612-285-1946
TUE 1 OCT 6:00 PM N 20 mi. FLAT	AUTUMN TRAILS! Leaving from Minnehaha Park, main pavilion parking lot at 6 PM. Renew your spirit taking in the Fall air and the beautiful scenery of Minnehaha Parkway and Lakes Harriet and Calhoun. Front and rear working lights required for safety. Marion Schweich 952-846-1595 and Edie Kalweit 952-707-0401
WED 2 OCT 6:00 PM N 20-25 mi. ROLLING	FAT'S RIVER RIDE Fat Lorenzo's Cedar and Nokomis Pkwy. S. Minneapolis. Ride and eat at Fat's after. Dan Reuter 612-845-8966 Bob Dean 612-823-4924
THU 3 OCT 9:30 AM S 30 mi. FLAT	GATEWAY RIDE Velma's Coffee Loft 7 <sup>th</sup> . & Helen downtown North St. Paul. Nice ride on the Gateway and more Andy & Judy Emerson 651-770-7083
THU 03 OCT 2:45 PM T 21mi. ROLLING	TWO RIVERS AT SUNSET Concordia University, St. Paul. Meet at the Martin Luther statue in front of the Administration Building, 275 North Syndicate St, St. Paul (between Hamline and Lexington, just west of Central HS). A shorter version of Dan Reuter's classic <i>Around the River Ride</i> . Wilbur Thomas 952-935-1672 Day of ride: 651-641-8251 and thomas@csp.edu
FRI 4 OCT 9:30 AM ST 31 mi. ROLLING	PARKWAY RENDEZVOUS Near Minnehaha Park in front of the Dairy Queen. Enjoy a ride with some hills, some wildlife (maybe) and always good company. Laurie Dinneen 651 489-5843
SAT 5 OCT 9:00 AM S 20 mi. S FLAT	SOCIAL SATURDAYS! A great way to get going on the weekend! Meet at Minnehaha Park main pavilion parking lot. We'll explore the trails and lakes of South Minneapolis. Edie Kalweit 952-707-0401
SAT 5 OCT 10:00 AM ST 30 mi. HILLY	GRANNY'S DAY OUT Parking lot, Summit Ave and East River Rd, St Paul. All hills, all the time. John Miller 612.822.8873
SAT 5 OCT 1:00 PM ST 45 mi. ROLLING	MARINE-SCANDIA COLOR TOUR Enjoy the autumn colors of northern Washington County. Stop for an ice cream cone in Marine. Then, ride past the Swedish settlers' cemetery in Scandia. Leave from parking lot at Ramsey County Beach just east of highway 61 on highway 95. All self-sufficient riders welcome. Judd Zandstra 651.486.6404
SUN 6 OCT 9:30 AM T 31 mi. FLAT WITH ONE HILL	POOH'S CORNER. Near Minnehaha Park in front of the Dairy Queen. Come visit the home of Winnie the Pooh and Tigger too. Hear your ride leader sing her version of Back to Pooh Corner. Laurie Dinneen 651 489-5843
SUN 6 OCT 2:00 PM ST 27/45 mi. HILLY	CHASKA HIGHBALL Chaska Gazebo - 2 blocks south of Hwy 212 on Hwy 41. A cool Fall ride out to Belle Plaine. Bob Dean 612-823-4924
MON 7 OCT 6:00 PM N 20 mi. ROLLING	EASY MONDAY MILES! This relaxed ride around the lakes of South Minneapolis allows one to enjoy the many pleasures of biking with friends. We leave from the church parking lot of St. Joan of Arc, E. 45th St. and 3rd Ave S. (just one block north and east of the 46th St. Exit of 35W). Edie Kalweit 952-707-0401 and Bob Dean 612.823-4924.
MON 7 OCT 7:00 PM	HIAWATHA BICYCLE CLUB BOARD MEETING Meet at Black Bear Crossing located at 831 Como Avenue in St. Paul. All members are invited to participate. Call Bruce Beck for details at 651-770-5463.
TUE 8 OCT 10:00 AM ST 25-40 mi. ROLLING	TUESDAY TUNEUP Minnetonka City Hall, Just west of 494 on Minnetonka Blvd and Williston Rd. Various routes, every one sensational. Fall colors! Chuck Sunder 612-285-1946
TUE 8 OCT 6:00 PM N 20 mi. FLAT	AUTUMN TRAILS! Leaving from Minnehaha Park, main pavilion parking lot at 6 PM. Renew your spirit taking in the Fall air and the beautiful scenery of Minnehaha Parkway and Lakes Harriet and Calhoun. Front and rear working lights required for safety. Marion Schweich 952-846-1595 and Edie Kalweit 952-707-0401
WED 9 OCT 6:00 PM N 20-25 mi. ROLLING	FAT'S RIVER RIDE Fat Lorenzo's Cedar and Nokomis Pkwy. S. Minneapolis. Ride and eat at Fat's after. Dan Reuter 612-845-8966 Bob Dean 612-823-4924
THU 10 OCT 9:30 AM S 30 mi. FLAT	GATEWAY RIDE Velma's Coffee Loft 7 <sup>th</sup> . & Helen downtown North St. Paul. Nice ride on the Gateway and more Andy & Judy Emerson 651-770-7083

THU 10 OCT 2:45 PM T 21 mi. ROLLING	TWO RIVERS AT SUNSET Concordia University, St. Paul. Meet at the Martin Luther statue in front of the Administration Building, 275 North Syndicate St, St. Paul (between Hamline and Lexington, just west of Central HS). A shorter version of Dan Reuter's classic <i>Around the River Ride</i> . Wilbur Thomas 952-935-1672 Day of ride: 651-641-8251 and thomas@csp.edu
FRI 11 OCT 9:30 AM ST 31 mi. ROLLING	PARKWAY RENDEZVOUS Near Minnehaha Park in front of the Dairy Queen. Enjoy a ride with some hills, some wildlife (maybe) and always good company. Laurie Dinneen 651 489-5843
FRI 11 OCT 6:00 PM N 20 mi. FLAT	NE MINNEAPOLIS EXPLORATORIUM Wind down from the work week! Start at Fitness Crossroads in the St. Anthony Shopping 6 blocks Northeast of Stinson & Lowry in Minneapolis. That's next to the old Osell's Bike Shop. We'll ride some quiet neighborhood roads and trails. Enjoy a Chinese buffet afterwards. Edie Kalweit 952-707-0401 and Alan Wichman 612.789.1315
SAT 12 OCT 9:00 AM S 20 mi. FLAT	SOCIAL SATURDAYS! A great way to get going on the weekend! Meet at Minnehaha Park main pavilion parking lot. We'll explore the trails and lakes of South Minneapolis. Edie Kalweit 952-707-0401
SAT 12 OCT 10:00 AM ST 30 mi. HILLY	GRANNY'S DAY OUT Parking lot, Summit Ave and East River Rd, St Paul. All hills, all the time. John Miller 612.822.8873
SAT 12 OCT 3:30 PM T 25-30 mi. ROLLING	WINE AND CHEESE RIDE Miat Lane, Edina We will be riding in the Western Suburbs looking at Fall colors. After the ride there will be wine and cheese and conversation to finish the evening off. RSVP by Oct 4. Small cost \$15. It is not necessary to ride to attend the party. Dan Reuter 612-845-8966
SUN 13 OCT 9:30 AM T 31 mi. FLAT WITH ONE HILL	POOH'S CORNER. Near Minnehaha Park in front of the Dairy Queen. Come visit the home of Winnie the Pooh and Tigger too. Hear your ride leader sing her version of Back to Pooh Corner. Laurie Dinneen 651 489-5843
SUN 13 OCT 2:45 PM T 30-35 mi. HILLY	SUNDAY SOIRÉE Edina Liquor Store parking lot, W. 50 <sup>th</sup> St. at Interlachen Blvd, Edina. Part of this ride operates over the SW LRT Trail. Dine at the Eden Ave. Grill after the ride. Wilbur Thomas 952-935-1672.
MON 14 OCT 6:00 PM N 20 mi. ROLLING	EASY MONDAY MILES! This relaxed ride around the lakes of South Minneapolis allows one to enjoy the many pleasures of biking with friends. We leave from the church parking lot of St. Joan of Arc, E. 45th St. and 3rd Ave S. (just one block north and east of the 46th St. Exit of 35W). Edie Kalweit 952-707-0401 and Bob Dean 612.823-4924.
MON 14 OCT 8:27 PM	DEADLINE FOR THE NOVEMBER 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 15 OCT 10:00 AM ST 25-40 mi. ROLLING	TUESDAY TUNEUP Minnetonka City Hall, Just west of 494 on Minnetonka Blvd and Williston Rd. Various routes, every one sensational. Fall colors! Chuck Sunder 612-285-1946
TUE 15 OCT 6:00 PM N 20 mi. FLAT	AUTUMN TRAILS! Leaving from Minnehaha Park, main pavilion parking lot at 6 PM. Renew your spirit taking in the Fall air and the beautiful scenery of Minnehaha Parkway and Lakes Harriet and Calhoun. Front and rear working lights required for safety. Marion Schweich 952-846-1595 and Edie Kalweit 952-707-0401
WED 16 OCT 6:00 PM N 20-25 mi. ROLLING	FAT'S RIVER RIDE Fat Lorenzo's Cedar and Nokomis Pkwy. S. Minneapolis. Ride and eat at Fat's after. Dan Reuter 612-845-8966 Bob Dean 612-823-4924
THU 17 OCT 9:30 AM S 30 mi. FLAT	GATEWAY RIDE Velma's Coffee Loft 7 <sup>th</sup> . & Helen downtown North St. Paul. Nice ride on the Gateway and more Andy & Judy Emerson 651-770-7083
FRI 18 OCT 9:30 AM ST 31 mi. ROLLING	PARKWAY RENDEZVOUS Near Minnehaha Park in front of the Dairy Queen. Enjoy a ride with some hills, some wildlife (maybe) and always good company. Laurie Dinneen 651 489-5843
FRI 18 OCT 6:00 PM N 20 mi. FLAT	NE MINNEAPOLIS EXPLORATORIUM Wind down from the work week! Start at Fitness Crossroads in the St. Anthony Shopping 6 blocks Northeast of Stinson & Lowry in Minneapolis. That's next to the old Osell's Bike Shop. We'll ride some quiet neighborhood roads and trails. Enjoy a Chinese buffet afterwards. Edie Kalweit 952-707-0401 and Alan Wichman 612.789.1315

## Smart Cycling Returns

Each winter when it gets cold and the snow flies, HBC puts on Smart Cycling sessions. These are social events where you can hobnob with your bicycling friends indoors in warm comfort.

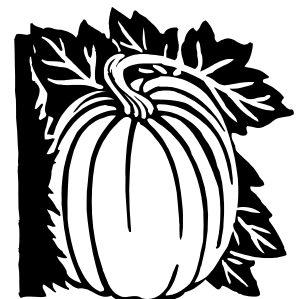
Each Smart Cycling evening starts with a potluck where you can fill your tummy and talk about important things like whether steel, aluminum or titanium is the best material for bike frames or what bike tours you are going on next summer. After dinner, there is presentation on a subject of interest to bicyclists.

Programs, dates and locations are yet to be decided. If you know of a good speaker on bicycling related topics or if you have an idea for a program, contact Dan Reuter at 612-861-7727 (work) or by email dreuter@bachmans.com

## Cycling Season Ends October 31

Etoile du Nord qualification ends October 31 as well as qualification for awards in mileage, participation and rides led. So, if you are competing for an award or just for a personal best, get out in October and enjoy some cool rides.

Also, If all ride leader would make it a point that all ride reports are in by November 1st, it will be of immense help to our statistician in compiling year end statistics.



## Ride Statistics

### Rides Led

Wilbur Thomas	36
Bob Dean	32
Chuck Sunder	22
Russ Lothian	21
Andy Emerson	20
Judy Emerson	19
Laurie Dineen	18
Bruce Beck	17
Rohanda Victorsen	16
Dan Reuter, Judd Zandstra	15

### Ride Participation

John Escritt	99
Nancy Wall	84
Wilbur Thomas	80
Edie Kalweit	77
Bruce Beck	64
Chuck Sunder	61
Bob Dean	58
Rohanda Victorsen	57
John Miller	54
Don Wencl	53

### Women's Mileage

Nancy Wall	2803
Edie Kalweit	2062
Rohanda Victorsen	1987
Lucia Pierson	1877
Sue Blum	1760
Cheryl Norton	1304
Marian Schweich	1174
Mary Burbank	1028
Marcy Kelash	991
Judy Emerson	988

### Men's Mileage

John Escritt	3318
Wilbur Thomas	2247
Chuck Sunder	2185
Bruce Beck	1963
Judd Zandstra	1820
Harold Herum	1763
Bob Dean	1758
Don Wencl	1703
John Miller	1665
Russ Tempelman	1434

SAT 19 OCT 9:00 AM S 20 mi. S FLAT	SOCIAL SATURDAYS! A great way to get going on the weekend! Meet at Minnehaha Park main pavilion parking lot. We'll explore the trails and lakes of South Minneapolis. Edie Kalweit 952-707-0401
SAT 19 OCT 10:00 AM ST 30 mi. HILLY	GRANNY'S DAY OUT Parking lot, Summit Ave and East River Rd, St Paul. All hills, all the time. John Miller 612.822.8873
SUN 20 OCT 9:30 AM T 31 mi. FLAT WITH ONE HILL	POOH'S CORNER. Near Minnehaha Park in front of the Dairy Queen. Come visit the home of Winnie the Pooh and Tigger too. Hear your ride leader sing her version of Back to Pooh Corner. Laurie Dineen 651 489-5843
SUN 20 OCT 1:00 PM T 35 mi. FLAT, MOSTLY	RECUMBENT ROUND-ABOUT Enjoy a leisurely ride with your laid-back friends as we ride from South Minneapolis to the wilds of St. Paul. There will be recumbents available for test rides when you return. Leaves from Calhoun Cycle at 3343 Hennepin Ave South in Minneapolis. Leon Webster. 651-690-3492 (leon@leonwebster.com)
MON 21 OCT 6:00 PM N 20 mi. ROLLING	EASY MONDAY MILES! This relaxed ride around the lakes of South Minneapolis allows one to enjoy the many pleasures of biking with friends. We leave from the church parking lot of St. Joan of Arc, E. 45th St. and 3rd Ave S. (just one block north and east of the 46th St. Exit of 35W). Edie Kalweit 952-707-0401 and Bob Dean 612.823-4924.
TUE 22 OCT 10:00 AM ST 25-40 mi. ROLLING	TUESDAY TUNEUP Minnetonka City Hall, Just west of 494 on Minnetonka Blvd and Williston Rd. Various routes, every one sensational. Fall colors! Chuck Sunder 612-285-1946
TUE 22 OCT 6:00 PM N 20 mi. FLAT	AUTUMN TRAILS! Leaving from Minnehaha Park, main pavilion parking lot at 6 PM. Renew your spirit taking in the Fall air and the beautiful scenery of Minnehaha Parkway and Lakes Harriet and Calhoun. Front and rear working lights required for safety. Marion Schweich 952-846-1595 and Edie Kalweit 952-707-0401
WED 23 OCT 9:30 AM T 31 mi. FLAT WITH ONE HILL	POOH'S CORNER. Near Minnehaha Park in front of the Dairy Queen. Come visit the home of Winnie the Pooh and Tigger too. Hear your ride leader sing her version of Back to Pooh Corner. Laurie Dineen 651 489-5843
WED 23 OCT 6:00 PM N 20-25 mi. ROLLING	FAT'S RIVER RIDE Fat Lorenzo's Cedar and Nokomis Pkwy. S. Mpls. Ride and eat at Fat's after. Dan Reuter 612-845-8966 Bob Dean 612-823-4924
THU 24 OCT 9:30 AM S 30 mi. FLAT	GATEWAY RIDE Velma's Coffee Loft 7 <sup>th</sup> . & Helen downtown North St. Paul. Nice ride on the Gateway and more Andy & Judy Emerson 651-770-7083
FRI 25 OCT 9:30 AM ST 31 mi. ROLLING	PARKWAY RENDEZVOUS Near Minnehaha Park in front of the Dairy Queen. Enjoy a ride with some hills, some wildlife (maybe) and always good company. Laurie Dineen 651 489-5843
SAT 26 OCT 9:00 AM S 20 mi. S FLAT	SOCIAL SATURDAYS! A great way to get going on the weekend! Meet at Minnehaha Park main pavilion parking lot. We'll explore the trails and lakes of South Minneapolis. Edie Kalweit 952-707-0401
SAT 26 OCT 10:00 AM ST 30 mi. HILLY	GRANNY'S DAY OUT Parking lot, Summit Ave and East River Rd, St Paul. All hills, all the time. John Miller 612.822.8873
SUN 27 OCT 2:45 PM T 30-35 mi. HILLY	SUNDAY SOIRÉE Edina Liquor Store parking lot, W. 50 <sup>th</sup> St. at Interlachen Blvd, Edina. Part of this ride operates over the SW LRT Trail. Dine at the Eden Ave. Grill after the ride. Wilbur Thomas 952-935-1672.
MON 28 OCT 9:30 AM ST 31 mi. ROLLING	PARKWAY RENDEZVOUS Near Minnehaha Park in front of the Dairy Queen. Enjoy a ride with some hills, some wildlife (maybe) and always good company. Laurie Dineen 651 489-5843
TUE 29 OCT 10:00 AM ST 25-40 mi. ROLLING	TUESDAY TUNEUP Minnetonka City Hall, Just west of 494 on Minnetonka Blvd and Williston Rd. Various routes, every one sensational. Fall colors! Chuck Sunder 612-285-1946
WED 30 OCT 9:30 AM T 31 mi. FLAT WITH ONE HILL	POOH'S CORNER. Near Minnehaha Park in front of the Dairy Queen. Come visit the home of Winnie the Pooh and Tigger too. Hear your ride leader sing her version of Back to Pooh Corner. Laurie Dineen 651 489-5843
WED 30 OCT 6:00 PM N 20-25 mi. ROLLING	FAT'S RIVER RIDE Fat Lorenzo's Cedar and Nokomis Pkwy. S. Minneapolis. Ride and eat at Fat's after. Dan Reuter 612-845-8966 Bob Dean 612-823-4924
THU 31 OCT 9:30 AM S 30 mi. FLAT	GATEWAY RIDE Velma's Coffee Loft 7 <sup>th</sup> . & Helen downtown North St. Paul. Get out and ride before the Ghosts and Goblins. Nice ride on the Gateway and more Andy & Judy Emerson 651-770-7083

## **Wine and Cheese Ride**

Try to imagine the beauty of a wonderful fall day with the temperature at about 60, the sun going in and out of the clouds, and the wind out of the Northwest at a moderate pace. This would be the ultimate day to ride and since I'm not in the weather business, there is no way I'm predicting that type of day for the Wine and Cheese Tasting party that is going to happen on October 12. What I am willing to predict is that I am going to have a great time and if you are available to join me on that day I will give you the opportunity to have an equal or greater time.

Here's what the plans are: First we have to earn the right to have a great time. That can be done by joining Pat and me on a relaxing ride, of 25–30 miles in the western suburbs with hopes of seeing some splendid colors. This ride will leave from Edina Liquor Store on Vernon and Interlaken. At the ride we will be handing out two maps. One will be the route to the fall colors and the other will be directions to Pat's house on Mait Lane. It will be there that we will have a nice light supper consisting of chili and salad followed by a wine and cheese tasting.

To enhance your knowledge of wine, at 7 PM we will have a representative from the Beaulieu Vineyard (BV) who will provide and talk about the 5 different wines we will taste. After the formal presentation the socializing and wine and cheese tasting will continue.

The ride will start at 3:30 PM. Dinner will be served at 6 PM. There is a cost of \$15 per person that will cover everything. RSVP Dan at 612-861-7727 (work) or by email dreuter@bachmans.com by October 5th. None riding spouses are welcome.

— Dan Reuter

## **Mountain Bike Tips**

As winds increase, temperatures decrease, and foliage radiates with autumn color, it's a perfect time to enjoy the woods on your mountain bike. Ride only on designated trails and enjoy the season. To help you stay safe, follow these common sense tips (which aren't followed commonly enough).

- Always wear your helmet and be sure your bike is in good repair. Anticipate; shift in advance.
- Butt back behind the seat on downhills; the steeper the descent the further behind the saddle you should be.
- Look ahead (not down at your wheel). Look where you want to go. Conversely don't look at the obstacle you wish to avoid.
- Enjoy. Ride within your limits and skill level. Relax and use your body's natural shock absorbers (slightly bent knees and elbows). Expect the unexpected.

Follow these guidelines and you should be able to mountain bike safely.

— Sue Blum



## **Autumn Accolades**

Biking in autumn is the best time of year  
The days are crisp and nights are clear  
If your miles are down due to humidity and heat  
Try biking in fall; it's truly a treat.

Bike on the road or try riding on dirt  
I'm shamelessly composing this poem  
to earn my L'Etoile due Nord shirt.  
Yet new wardrobe aside,  
There are many virtues to volunteering and joining the club for a ride.

Good company and enjoyment galore  
Not to mention new routes to explore.  
There's visibility and safety in numbers as well  
And the dining afterwards can be quite swell.

So grab your bike and head out the door  
HBC has numerous rides and volunteer opportunities in store.  
Become more active in your club  
You'll be glad evermore.

— Sue Blum

## 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:

Bruce Beck, President	651.770.5463
Leon Webster, Vice President	651.690.3492
Lucia Pierson, Treasurer	651.730.0682
Richard Newmark, Secretary	651.733.7679
Dan Reuter, Director	612.823.1145
Cheryl Norton, 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](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.

Contents copyright ©2001 Hiawatha Bicycling Club, Inc. All rights reserved. Reproduction without permission permitted with due acknowledgement.

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  
Minneapolis, MN 55424

HIAWATHA BICYCLING CLUB  
POST OFFICE BOX 24920  
MINNEAPOLIS, MN 55424

### Inside This Issue

- Annual Meeting
- Call for Nominations
- Thanks to Volunteers
- Smart Cycling
- End of Cycling Season
- Wine & Cheese Party
- Mountain bike tips
- Autumn Accolade

## Local Bike Shop Featured in Bicycling Magazine

A couple of weeks ago I received an e-mail from one of our members, Randy Perkins telling me to check out the October issue of Bicycling Magazine for an article on a local bike shop. This issue had just arrived and, sure enough, there on page 34 I found an article titled *The Wrenches Who Never Sleep*.

The shop is:

The Alt Bike and Board Shop  
2408 Hennepin Ave.  
Minneapolis

This shop's claim to fame is it's 24-hour repair guarantee. Five mechanics there often work late into the night, for as long as it takes, to finish repairs by the

next morning. And the price is right. A full tune-up only costs \$40.

The shop started in 1974 as a repair-only shop and now sells bikes, skateboards and snowboards. It was called The Alt because it was the alternative to 6 other bike shops in the neighborhood, now the only one left.

Well, this is not a shop I've heard of anyone using but it's good to see Bicycling Magazine recognizing the bicycling scene in the Twin Cities. Maybe, the next time my regular shop tells me they can't get to my bike for two weeks, I'll give them a try.

— Judd Zandstra