



PROMOTING SAFE
EFFECTIVE BICYCLING
AND RECREATIONAL
BICYCLE RIDES

TCBC NEWS

JAN / FEB 2012

JOIN US ONLINE AT
www.bikeTCBC.org



RAMADA PLAZA IN MINNEAPOLIS - HWY 36 BETWEEN STINSON AND 280

TCBC Annual Recognition Banquet Feb 11

Plan to join your cycling friends on Saturday, February 11, 2012, to celebrate our 2011 biking year. This is our annual event where we recognize all the people who make TCBC such a great bike club.

The banquet will be held at the same location as last year, the Ramada

Plaza at 1330 Industrial Blvd in Minneapolis (interchange with Hwy 36, between Stinson & Hwy 280).

Social hour starts at 5:00. Come early to socialize and visit our sponsor tables. At 6:30 we move on to a buffet dinner, and we'll top off the evening with a program which

includes highlights of our 2011 cycling year, plus some awards.

Deadline for registration is February 6.

You can register and pay online at the TCBC website, or you can mail in the registration form (**found on page 15**).

CONTENTS

RECOGNITION CORNER	p2
PRESIDENT'S COLUMN	p2
BIKE TRAILS AND ROUTES	p3
IN BRIEF	p3
JAN/FEB RIDE SCHEDULE	p4
UPCOMING EVENTS	p6
"C" ARIZONA 2012 RIDES AGAIN	p6
RIDE 'EM TEXAS HILLS	p6
TOUR OF LAKES 2012	p7
9TH ANNUAL SWAP MEET	p7
INTENSITY	p8
2012 RIDE LEADER TRAINING	p9
TCBC ANNUAL MEETING REPORT	p10
TO NO GOOD PURPOSE	p11
RIDE STATS REPORT	p11
AUTRIAN BICYCLING ADVENTURE	p12
TCBC BIKE U EVENTS	p13
NEW MEMBERS	p13
FROM THE BACK OF THE PACK	p14
RECOGNITION BANQUET SIGN UP	p15
MEMBERSHIP APPLICATION	p16

Thanks to all our 2012 Sponsors!

Each year we sign on a great group of local shops and vendors to advertise throughout the year in the TCBC Newsletter. For 2012 we would like to thank the following Annual Sponsors for their support of TCBC by advertising in our newsletter:

- Erik's Bike & Board**
- Penn Cycle**
- Freewheel Bikes**
- CAR'S Bike Shop**
- County Cycles**
- Gateway Cycle**
- Maple Grove Cycling**
- NOW Bikes**
- Rack Attack**
- Boehm's Bike Shop**
- Tonka Cycle & Ski**
- REI**

Now show your appreciation by frequenting their businesses and

letting them know how much TCBC appreciates their advertising support. And if you mention you are a TCBC member you may be pleasantly surprised to find a discount on your purchase!

Another easy way to show support for our sponsors is to "like" them on Facebook. And the easiest way to find them is to first "like" the TCBC Facebook page and you'll find our Sponsors under who TCBC "likes" on the left hand side of the TCBC page.

Please watch for club rides that are led from sponsor locations and take the opportunity to thank the sponsors for their support. Rides starting from bike shops help our members by providing a resource before and after the ride.

Lisa Austin, Mary Derks, Joe Dupont, Kathy Horton, Kate Kovar, and Bonnie Shoebottom

RELATED AND / OR SUPPORTED ORGANIZATIONS

- League of American Bicyclists
- Hosteling International
- Bolder Options
- Bicycle Alliance of Minnesota
- Gateway Trail Association
- Midtown Greenway Coalition
- Parks and Trails Council of Minnesota
- State Non-Motorized Transportation Advisory Committee
- Transit for Livable Communities

◀ MASTHEAD PHOTO - JAN 1ST 2011 POLAR BEAR RIDE - PHOTO BY DON PICARD



This month we recognize:

Loren and Mrs. Lovhaug

Loren went above and beyond the usual duties of an A/B ride leader on a very windy day in October during his Sleep In Ride Later ride. He had circled back to check on slower riders and was pulling one along when the drafting rider rode over something that sliced tire and tube to the rim. Loren called his wife to pick them up, and the rider with the wrecked tire was thankful for avoiding a 10+ mile walk back to the ride start.

Richard Miller

Richard has been braving the cold and leading several weekly rides in spite of the frosty temperatures. At least one other bundled-up rider (and certainly other Michelin Man lookalikes) appreciate the opportunities to test their cold weather mettle.

Who were those masked bikers anyway?

These folks made for another mysterious and fun-filled Halloween Ride: Julie Kosbab was the organizer and chef of the soups; Hugh Gitlin was the route designer; Renee Gitlin, Lisa Anderson and Carol Huntington comprised the serving crew; Paul Huntington, Kevin DePratter and Jack Uttermark were ride leaders. Hooray for all! You may now remove your masks and take a bow.

Terry Quam, Financial Consultant

Many, many thanks to Terry for serving as TCBC's Financial Consultant for years. He has been a key player in developing our yearly budget, moving our finances onto an online system and being a backup in all things financial.

Susie Anderson

Susie has been the TCBC Merchandise Maven for quite awhile, and has decided it is high time for somebody else to take over the hawking of all those TCBC goodies. Thanks for doing a terrific job, Susie! We'll miss you behind the merchandise displays at TCBC events.

Annual Meeting organizers

An interesting and productive Annual Meeting was attended by a well-fed crowd who certainly appreciated the efforts of the following organizers: Evie Walters arranged for the use of the fine facility; Jeff Johnson composed an informative Powerpoint presentation; Board members and others contributed to business doings, and Patt Seleen, club president, presided.

Grazie to all!

Patt Seleen

Patt has recently finished her two-year term as TCBC Club President. With nearly 2,000 members in the club, overseeing all the activities, committees, and projects that are a part of the club makes this job more demanding than the mayor of a small town. Many thanks for the great leadership that Patt has provided to the club, which continues to be a great success. Patt will continue to serve on the Board, so her expertise and leadership skills will be retained. Great job, Patt!

We encourage any member to pass along the names of fellow TCBC members who deserve recognition of anything worthy of mention. Just send your suggestions to recognition@biketcbc.org. THANKS!



RICHARD FRANCO

Some 13 years ago, I rode my first ride with TCBC. I still remember the ride vividly and after years of riding on my own, I was happy to ride with others that shared the same interest in passion in cycling that I did. As I continued to ride with TCBC, I enjoyed many miles riding with others and have developed some incredible friendships along the way. As time progressed, I decided it would be a good thing to give back to the organization that had given so much to me. I began volunteering to help TCBC where I could and it gave me a great sense of fulfillment to help make TCBC better.

Eventually, I took on the position of ride stats coordinator and completed all the ride stats for 5 years. During this time, I watched TCBC experience an unparalleled growth in members and rides led. I thought that this would be a great time to be involved in the future direction of the club and decided to run for the TCBC board and for the last three years have served on the board. This fall I was elected President. I am both honored and humbled to serve in this role. I know that we have had many great Presidents in the past and look to continue their work.

I would like to take this opportunity to thank Patt Seleen, who served as TCBC President for the last two years. Among her many accomplishments was to get the new mileage tracking system in place and the integration with the member database. These are but two of the many accomplishments that Patt achieved during her tenure. Though Patt will no longer be the TCBC President, she does remain on the board to lend her knowledge, expertise, and insight for the future.

I would also like to thank outgoing board members Garry Glubka and Tom Melcher for their service on the board. Garry served on the board for 6 years and was a key member of the safety committee and instrumental in starting the new member rides. Tom was a key member of the finance committee and worked to make the structural changes in that area. Thanks to both Tom and Garry for their contributions and service on the board.

Our current board had a great mix of board members who have been serving for awhile with new board members, and I feel that it is very important to keep an influx of new ideas present on a board as we move forward. In addition to me, the other officers are our new Vice President, George Hagemann, and returning Secretary, Liesa Miller. The other returning members of the board are; Patt Seleen, Paul Frenz, and Gina Sapia. We also have two new board members; Michele Brougher and Gina McCrone.

As I am writing this we have just experienced our first substantial snowfall of the season and this one will likely stay with us until spring. While the snow and cold diminishes the number of rides, there are still a number of people who will ride year round and experience the joys of winter riding, myself included. However, even if there are not as many rides happening now, that doesn't mean that there isn't a lot going on with TCBC. We have our Annual Recognition Banquet coming up in February; a full slate of Bike U's coming up for the winter months, and our Annual Leader Forum will be this April.

Additionally we will be working on the finishing touches to the new mileage tracking system, and the board will be working during the winter months to build on all the recent improvements that have been made and focus on new directions for the upcoming year.

In closing I would like to say that if you ever have any comments, ideas, or suggestions about TCBC, they are always welcomed, so please feel free to contact me or any other member of the board with them.

I look forward to the upcoming year in this new role and I am excited about all that lies ahead.

- Richard Franco



BROWNS CREEK STATE TRAIL: This new segment was profiled in a December article in the STAR TRIBUNE. The old railroad corridor is 5.9 miles from the Gateway Trail on the western end to its eastern end with a new trailhead at the former Zephyr depot at the north end of Main Street in Stillwater. Paving could begin by late spring once the tracks are removed. From the eastern end, the trail will run north along the St. Croix for almost a mile, then climb a gentle grade west along Browns Creek. From there the trail passes three golf courses and Browns Creek Nature Preserve.

MINNESOTA STATE TRAIL HIGHLIGHT ADDITIONS DONE IN 2011 INCLUDE: Goodhue-Pioneer State Trail -- 5 miles paved starting near the covered bridge in Zumbrota and heading north. Glacial Lakes State Trail -- 5 new paved miles between Roscoe and Richmond. Shooting Star State Trail -- 6 new paved miles between Adams and Rose Creek. (Your editor will try to check these out by summer.)

RAMSEY COUNTY PARKS TRAILS: In the next few years, Ramsey County plans include: extending the Rice Creek Trail from Long Lake Regional Park to County Road H with a mile of paved and boardwalk trail; replacing Sucker Lake Road through Lake Vadnais with a paved trail and parallel turf trail; and at Battle Creek Park, a trailhead facility and trails on the north side of Pigs Eye Lake.

IN THE SOUTHWEST: Edina's affluence created excess effluence that necessitated a new sewer interceptor to carry their waste. That stinky situation benefitted their neighbor to the east as the route allowed and paid for reconstruction of 75th and 76th Streets in Richfield to include a portion of Three Rivers Nine Mile Creek Trail as well as on-road, delineated bike lanes. This is a crosstown route that connects on its west end to a future Edina alignment

that will lead to the Hopkins bike network, while on the east end there will be a connection via the north/south Intercity Regional Trail to both the Minneapolis' Grand Round and the Minnesota River Wildlife Refuge. (David Gepner)

NEW BIKE LANES COMPLAINTS: A recent column in the STAR TRIBUNE mentioned some problems the public sees with the growing number of bike lanes in Minneapolis. Drivers see some of their driving lanes were taken away, which they feel is causing more traffic jams, and believe the bike lanes are underutilized. Minneapolis spokesman Shaun Murphy acknowledged some issues but said they seem to be lessening as people choose alternate routes. The city is using feedback to tweak the projects. Instructions on new lanes and markings are promised to be coming soon. If it's a solid line with a bike symbol, don't drive there; if it's a dotted line, yield to bikers. Obviously winter is having a significant impact on bikers and drivers.

By Doug Nelson

NEXT TCBC NEWS DEADLINE for the March issue will be **Monday, February 6.**

BOARD OF DIRECTORS OFFICERS: Richard Franco is our new President, and George Hagemann is the Vice-President. Liesa Miller remains as Secretary. Jeff Ramberg has resigned from the Board.

2012 TCBC Leader Forum: this mandatory meeting for all new and returning TCBC Leaders is scheduled to be held on Wednesday, April 18, 2012. Current Leaders, please keep your schedule open for this date and watch for details of time and place to be posted later. Club members wishing to take New Leader Training should see article elsewhere in this issue.

(Pete Hawkins & Katie Angle, TCBC Leader Liaisons)

SNOW NEWS: Rippers and carvers, time to think winter. A few of us are going to share hot beverages at some local ski areas -- Welch, Wild Mountain, Afton -- after getting out on the hills. Good fun for any level of experience. No miles or vertical credited. I am trying to find out what days are best for skiers and boarders to meet up. Let me know your preferences at 612-203-9220 or 763-544-1552 or e-mail rfheglund@netscape.net. (Dick Heglund)

WISCONSIN PASSES LAW: In November, Governor Walker signed a bill that updates various state laws regarding bicycles, called the Bicycle Tuneup Bill. It is now legal for bikers to signal turns with either their right or left hand. It also allows the use of a

red rear light in lieu of a rear reflector, allows vehicle operators to pass slow-moving vehicles across a solid yellow line when it is safe to do so, and adds handcycles to the definition of bicycles, making handcycles legal on WI streets and roads.

WEATHER FACTORS: Fall 2011 was the driest fall recorded in the metro in 140 years. Each month from June through November averaged above normal temps for that month.

LARGEST REPORTED RIDES: Here are the largest reported rides of our activity year according to the trip reports received. Numbers given are those who signed up for mileage credit at the ride. July and August each had four. Two different dates each shared two of these big rides! And it's amazing for one ride to be listed four times.

267	All-Club Ride	Sept. 3
214	CIJ-Club Ride	May 28
131	Watermelon Ride	July 4
121	Halloween Ride	Oct. 29
109	MN IRONMAN	May 1
102	Tour of Lakes	June 4
56	Whole Enchilada	June 8
55	Cruisin' the Crow	Aug. 27
52	Sonny Side Up	July 2
51	Cruisin' the Crow	June 25
50	Cruisin' the Crow	Aug. 20
48	Superior Vistas	June 25
47	U Da Man BBQ	Aug. 6
46	Cruisin' the Crow	July 30
46	Sonny Side Up	Aug. 6

by Doug Nelson








\$40 OFF

with this coupon

- offer only valid for in-store purchases of \$200 or more
- not valid with any other offer

We carry a full line of **Hitch, Roof & Trunk mount Bike Racks.**

Rack Attack Minneapolis: 4170 Excelsior Blvd, St.Louis Park, MN, 55416

tel: (952) 926-7225 www.rackattack.com

JANUARY 2012

1 SUN 12:15 PM 12 MI. THE POLAR BEAR RIDE.

Depart from The SW corner of the St. Paul Sears parking lot at I-94 and Marion Street. The question is this: "What should I do on New Year's Day?" If you're a biker, the answer is easy-- do the Polar Bear Ride of course! Grab some coffee to help you recover from last evening's festivities, and then get those tires pumped for a short, but very sweet little ride! Cycling with friends through the refreshing air of New Year's Day in Minnesota... What could be more fun than that? THE DETAILS: We'll ride down Summit Avenue to the Mississippi and back. As always, we'll lunch at the Original Green Mill on Grand and Hamline during or after the ride. If you would like to celebrate the New Year with us but don't care to ride, come for lunch only at about 1:15 or so. Cross or mountain bikes highly recommended. Severe weather or impassable roads may cause cancellation. In if doubt, call perennial leader Bob Hoffman, 651-430-2676.

3 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP.

Depart from Lynnhurst Park in Minneapolis, West 50th and Minnehaha Parkway, just south of Lake Harriet. Don't let winter keep you from riding! Route & mileage varies depending on the weather. Most routes include a lunch stop at the Birchwood Café. All self-sufficient riders are welcome! Jim Joy, 612-827-6995, jim.joy.mpls@gmail.com.

3 TUE 6:30 PM TCBC BOARD OF DIRECTORS BUSINESS MEETING.

Java Train Coffee House, 1341 Pascal St N, Saint Paul, 55108. (651) 646-9179. Richard Franco, 651-246-3863, pres-at-biketcbc-dot-org.

8 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.

Depart from Roseville Professional Center (2233 Hamline Ave N, Roseville 55113 - just south of Hwy 36 on the west side of Hamline Ave across from the Roseville Library). Park at the west end of the lot. Think Spring returns for another great year of complaining about the cold but riding anyway. Weather dictates distance, tire tread, & clothing layers. We go in just about all

weather except freezing rain, blizzard, or windchill below -20F. All self-sufficient riders are welcome. Jim Joy 612-827-6995, jim.joy.mpls@gmail.com (1/8, 1/22); Charles Breer 651-699-2029, charles.breer@comcast.net (1/15, 2/12); Rob Welsh 612-801-4196, robmusa@yahoo.com (1/29); Richard Franco 651-246-3863, phoenix-fyre1313@comcast.net (2/5, 2/26)

10 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP.

See Jan 3.

10 TUE 6:30 PM SOCIAL GATHERING AT PANERA'S BROT UND KAFFEE GESCHAFT. Meet at Panera's parking lot (The parking lot has been fixed). Please do join us at Panera's Abendtisch (evening table:-) for some friendly conversation und kaffee, maybe some good pastry too? At 2515 White Bear Lake Ave. Maplewood, 55109. At 18:30 Uhrs. or 6:30 PM. Once again ladies and gentlemen - " I remain your most humble and obedient servant". Hope to see you all there. Danke Schon. Your hostest with the mostest, yours truly Augie Muller, haus fon# 651-770-5065.

14 SAT BIKE U: BIKE AND BARGE THROUGH EUROPE AT BLOOMINGTON REI.

See separate story.

15 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.

See Jan 8.

17 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP.

See Jan 3.

22 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.

See Jan 8.

24 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP.

See Jan 3.

27-FEB 3 A/B 30-65 MI/DAY RIDE 'EM TEXAS HILLS. Depart from Marble Falls, Texas. See "Overnight Trips" page on TCBC website for more details. Susan Evan, 612-729-1441, bikersusan-at-hotmail.com.

28 SAT BIKE U: RANDONNEUR RING AT BLOOMINGTON REI.

See separate story.

ERIK'S

WE PEDAL GOOD BIKES

Introducing...

Wilier TRIESTINA
(Vee-lee-air)

Italian Craftsmanship at it's best!



GranTurismo model shown



Exclusively at Erik's Bike Shop
In Eden Prairie, Roseville &
St. Louis Park



Stop by and check out our exclusive BG Fit Labs.

Go to eriksbikeshop.com for more info and to schedule an appointment.

www.eriksbikeshop.com • Voted **#1 Bike Shop** in the USA

12 Locations in the Twin Cities

HOURS: M-F 10-8 Sat. 10-6 Sun. 12-5



29 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.
See Jan 8.

31 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP. Depart from Lynnhurst Park in Minneapolis, West 50th and Minnehaha Parkway, just south of Lake Harriet. Don't let winter keep you from riding! Route & mileage varies depending on the weather. Most routes include a lunch stop at the Birchwood Café. All self-sufficient riders are welcome! Katie Angle 763-208-3595, katie.jim@comcast.net

FEBRUARY 2012

5 SUN 11:00 AM A/B 15-40 MI. THINK SPRING. Depart from Roseville Professional Center (2233 Hamline Ave N, Roseville 55113 - just south of Hwy 36 on the west side of Hamline Ave across from the Roseville Library). Park at the west end of the lot. Think Spring returns for another great year of complaining about the cold but riding anyway. Weather dictates distance, tire tread, & clothing layers. We go in just about all weather except freezing rain, blizzard, or windchill below -20F. All self-sufficient riders are welcome. Richard Franco 651-246-3863, phoenixfyre1313@comcast.net (2/5, 2/26); Charles Breer 651-699-2029, charles.breer@comcast.net (2/12); Jerry Hofmann 612-382-0772, jhofmann@presenter.com (2/19).

6 MON NEWSLETTER DEADLINE FOR THE MARCH ISSUE OF TCBC NEWS. E-mail schedule info to: schedule@biketcbc.org. Articles to Doug Nelson, newsletter@biketcbc.org.

7 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP. Depart from Lynnhurst Park in Minneapolis, West 50th and Minnehaha Parkway, just south of Lake Harriet. Don't let winter keep you from riding! Route & mileage varies depending on the weather. Most routes include a lunch stop at the Birchwood Café. All self-sufficient riders are welcome! Katie Angle 763-208-3595 katie.jim@comcast.net

7 TUE 6:30 PM TCBC BOARD OF DIRECTORS BUSINESS MEETING. Java Train Coffee House, 1341 Pascal St N, Saint Paul, 55108. (651) 646-9179. Richard Franco, 651-246-3863, pres-at-biketcbc-dot.org.

11 SAT ANNUAL RECOGNITION BANQUET. RAMADA PLAZA, MINNEAPOLIS. More info available on the TCBC website and in this issue. For additional information, please contact TCBC President Richard Franco at pres@biketcbc.org.

12 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.
See Feb 5.

14 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP.
See Feb 7.

19 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.
See Feb 5.

21 TUE 11:00 AM A/B 15-25 MI. WINTER WARMUP. See Feb 7.

25 - MAR 3 A/B AROUND 50 MI/DAY: BIKEAZONA. SCOTTSDALE, AZ, AND SURROUNDING AREAS. See "Overnight Trips" page on the TCBC website for more details. Kate Kovar (katekovar-at-hotmail-dot-com) and Jim Pederson (jimpederson-at-gmail-dot-com).

26 SUN 11:00 AM A/B 15-40 MI. THINK SPRING.
See Feb 5.

FURTHER OUT

MAR 3-9 25-35 MI. "C" ARIZONA. Scottsdale, Mesa, Gilbert, Phoenix and surrounding areas. See "Overnight Trips" page on the TCBC website for more details. John Hoffmann, Dave Murphy, and Jeff Ramberg.

MAR 5 NEWSLETTER DEADLINE FOR THE APRIL ISSUE OF TCBC NEWS.

MAR 6 6:30 PM BOARD OF DIRECTORS BUSINESS MEETING.

MAR 11-17 A/B 35-65 MI/DAY SOLVANG, CA. See "Overnight Trips" page on the TCBC website for more details. Susan Evan, 612-729-1441, bikersusan@hotmail.com and Gina McCrone, 612-220-4540, gmccrone@hotmail.com. Co-leader: Sue Blum.

MAR 31 SAT 12:00 PM 9TH ANNUAL TCBC SWAP MEET. Veteran's Hall, Hopkins VFW Post 425; 100 Shady Oak Rd; Hopkins, 55343. Buy, sell, or donate bicycling gear. Get ready to ride! Here's your chance to pick up some great new and gently used bikes, parts, clothing, and accessories from TCBC members with more cycling stuff than we need. Our obsession is your good fortune, come get the bargains! <http://biketcbc.org/swapmeet/>

APR 14 NEW LEADER TRAINING COURSE.

APR 18 LEADER FORUM IN SHOREVIEW.

MAY 6 46TH ANNUAL MINNESOTA IRONMAN RIDE, STARTING IN LAKEVILLE. Details for riding and volunteering later.

**RIDE SAFE
RIDE SMART**

Small Group Supported Bicycle Tours in Wisconsin
Indoor lodging, meals, off bike activities



Flavors of Wisconsin
July 9-14, 2012
Eat Cheese • Taste Microbrews

Northern Woods & Waters
August 20-25, 2012
Ride Paved Forest Roads
Relax in Historic Waterfront Inns
Enjoy Optional Water Activities

920-427-6086
www.aroundwisbike.com

PRESIDENT
Richard Franco 651-246-3863
phoenixfyre1313@comcast.net

VICE PRESIDENT:
George Hagemann 952-593-5413
gphagemann@mac.com

SECRETARY
Liesa Miller 651-698-9502
velomapper@aol.com

TCBC BOARD OF DIRECTORS:

Michele Brougher 952-238-1102
roadpixie@gmail.com

Paul Frenz 612-423-1487
paul_frenz@yahoo.com

Gina McCrone
murgaster@gmail.com

Gina Sapia, 651-633-9440
gina@sapiagroup.com

Patt Seleen 651-552-9131
paseleen@hotmail.com

ADVERTISING
Lisa Austin
ads@biketcbc.org

ART DIRECTOR
Steve Scott
stevescottinc@gmail.com

BIKE U COORDINATOR
Mary Miller,
beebiking908@Q.com

LEADER LIAISON
Pete Hawkins and Katie Angle
leaderliaison@biketcbc.org

MEMBERSHIP
Kristi Linder, Mary Derks,
Scott Larson
membership@biketcbc.org

NEWSLETTER EDITOR
Doug Nelson 651-639-9917
news@biketcbc.org

NEW MEMBER COORDINATOR
Garry Glubka 651-303-2207
newmember@biketcbc.

PUBLIC RELATIONS DIRECTOR
Don Picard 952-894-3431
don451@mac.com

RIDE STATISTICS COORDINATOR
Richard Franco
ridestats@biketcbc.org

SCHEDULE COORDINATOR
Jim Pederson 763-234-5180
schedule@biketcbc.org

TREASURER
Roger Fickbohm
Treasurer@BikeTCBC.org.

VOLUNTEER COORDINATOR
volunteer@biketcbc.org

WEBMASTER
webmaster@biketcbc.org

TCBC NEWS DEADLINES - usually between the 4th and 10th of each month for the next month's issue

TCBC NEWS is published by the Twin Cities Bicycling Club, formed in 1993. Mail and checks can be sent to: TCBC, PO Box 131086, Roseville, MN 55113



“C” Arizona 2012 Rides again March 3 – 9

**Phoenix Metro Area Bike Tour
Saturday, March 3rd thru Friday,
March 9th, 2012.**

These will be regular TCBC social C and B/C pace rides of approximately 25 to 35 miles with an option of longer routes on some days in Scottsdale, Mesa, Gilbert, Phoenix and surrounding areas. There will be some hills, and maps will be provided. There also will be social and tourist activities. Temperatures can range from 50 to 90 degrees. The average high for that time is 74.

Some of the rides will be the same or similar to the rides in 2011. There may also be a ride on the LRT into Phoenix and doing some riding there.

There are bike shops in the Scottsdale and Mesa area where you can ship your bike. You will be responsible for your own transportation, lodging and meals.

Some of the committed ride leaders are John Hoffmann, Dave Murphy, and Jeff Ramberg. Plan now for a fun vacation to "C Azona" with the C bikers of TCBC.

If you are interested and wish to obtain e-mail updates on the trip and more details as they unfold, e-mail coordinator **Andy Hartle @ andyhar70@yahoo.com** or **612-869-5915**



ROLLING RURAL ROADS OF THE HILL COUNTRY – PHOTO BY GARRY GLUBKA

Ride 'em Texas Hills January 27th to February 3rd

Howdy pardners!

Time to saddle up again and ride the roads of the Texas Hill Country. Our 9th annual bike trip is again headquartered out of Marble Falls, Texas, about 50 miles west of Austin. There will be eight days of riding, commencing the afternoon of Friday, January 27th, 2012, and ending the afternoon of Friday, February 3rd. There are no upfront costs. You will be responsible for your own meals, transportation, and accommodations.

This will be a regular TCBC A/B ride . Self-sufficient B riders are welcome to join us. Our routes will vary in length from 30 - 65 miles per day and will depart around 10:30 AM. Some routes will leave directly from the Best Western Motel in Marble Falls, whereas some start destinations will necessitate a short drive. Routes will not have been previewed or ridden since last year, so you must possess a "go with the flow" attitude. There is no sag service. Also, be sure that your bike is in good working order, as the closet bike shop is in Austin, 50 miles away.

January / February is traditionally the coldest time of the year in Minnesota, making it the perfect time for a getaway. Come join us on the quiet, rolling rural roads of the Texas Hill Country. You won't find the terrain as steep as some of the Wisconsin hills, but it's not flat, hence the name. You will enjoy Texas BBQ, courteous drivers, acres of cattle ranches, horses, and maybe you will spot an armadillo. Most of all, you'll find good biking with good people.

Good Times - Yee Haw!

You have several options for transportation : You can drive from Minneapolis to Marble Falls (1200 miles). Fly into Dallas (4 hours away), San Antonio (1 1/2 hours away) or Austin (1 hour away), rent a car and drive to Marble Falls.

As for accommodations:

Best Western (830-693-5122) This is where most people have stayed in the past.

Quality Inn (830-693-7531).

Hill Country Inn (830-693-3637) (slightly less for the budget inclined).

Hampton Inn (830-798-1895).

La Quinta Inn (830-798-2020).

Motel 6 (830-265-6565).

Rides will originate at the Best Western.

I would like to get some idea of the number of people coming. If you are interested, please call or email the Trip Leader. I would also like to coordinate car pooling for people driving down. If you have any questions or need more information, please call or email.

More info will be available later on our website:

<http://ridemtxhills.sports.officelive.com/default.aspx>

Trip leader:
Susan Evan, 612-729-1441,
bikersusan-at-hotmail.com

**MGC LIVE TO RIDE...
RIDE TO LIVE!**

MAPLE GROVE CYCLING
SINCE 1988!
763-420-8878
13950 GROVE DRIVE
MAPLE GROVE, 55311

TREK

VISIT US ONLINE AT: MapleGroveCycling.com



Tour of Lakes 2012

Lodging Reservations due Feb 28

by Mary Derks

In keeping with the all-important theme of, "It's never too early to plan a bike trip", mark your calendars for June 1-3, 2012, for a weekend of biking, eating, and socializing in the beautiful Brainerd Lakes area. The weekend's rides consist of the Tour of Lakes (TOL) Outreach ride sponsored by the Paul Bunyan Cyclists on Saturday, June 2, along with TCBC rides on Friday and Sunday (June 1 and 3, respectively.)

The TOL Outreach ride offers mileage options of approx 40 and 70 and is known for its varied and plentiful rest stops---think "rolling buffet"! Past rides have featured such treats as breakfast burritos, fresh fruit, beef & chicken tacos, turkey sandwiches, corn on the cob, root beer floats ... you get the idea. Come along and be part of the TCBC contingent rolling down the road in our club jerseys!

The format of this year's trip will be very similar to that of years past in that we will stay in cabins, do lots of socializing and eating, have a potluck dinner and campfire Saturday night and, of course, ride!

Lodging will again be at Good Ol' Days Resort (www.goodolddaysresort.com) in Nisswa, just north of Brainerd. Good Ol' Days offers 2 & 3 bedroom cabins and lodge (hotel-style) rooms, all of which are very well-appointed. This year's rates are again very recession-friendly (see "Overnight Trips" section of TCBC's web-site for more info.) Each person is responsible for booking their own lodging. Be sure to tell them you're with TCBC when calling. Rooms will only be held until February 28, so be sure to reserve a room by that date if you're interested in staying with the group. If you want to find others to share lodging with, just post a message on TCBC's Message Boards (accessed via www.biketcbc.org) or contact me and I'll add your name to the list of people looking for lodging.

For more information, please go to the Overnight Trips section of TCBC's website, or contact me at maryderks@yahoo.com or 651-335-6505. Thanks, and I hope to see you in the Brainerd Lakes area this summer!!

9th Annual TCBC Swap Meet

Noon to 3:00 PM
Saturday, March 31st, 2012

Hopkins VFW Post 425
100 Shady Oak Road
Hopkins, MN 55343

- Buy, sell, or donate new or used bicycling gear
- Find out more at:
<http://www.BikeTCBC.org/swapmeet/>
- Contact: Valerie at: SwapMeet@biketcbc.org or 612-454-5084

Get ready to ride! Here's your chance to pick up some great new and gently used bikes, parts, clothing, and accessories from TCBC members with more cycling stuff than we need. Our obsession is your good fortune, come get the bargains!

This event is open to anyone with an interest in cycling. No admission, fees, or commissions are required. Buyers do not need to be TCBC members. However, all sellers must be current TCBC members or sponsors; you may purchase a membership (\$25) at the door. Bicycling-related non-profit organizations may request free display space by contacting us in advance. Some non-profits will be accepting donations of bicycles, parts, or equipment.

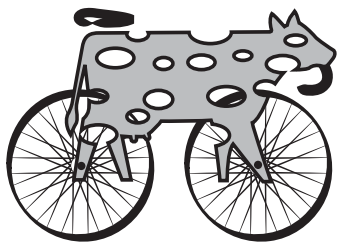
Please forward this email to all of your bicycling email lists, and cycling friends. We look forward to seeing you there!

Valerie Olson

Swap Meet Coordinator

<http://www.BikeTcbc.org/swapmeet/>

Swiss Cheese & Spotted Cows Bicycle Tour



JUNE 23-28
Bicycling & Eating Adventure

Exploring historic towns in southern Wisconsin's cheese country and lovely Galena, IL. Yodeling, cheese factory and brewery tours and more!

www.scsbiketour.com

Boehm's
St. Paul Mendota Heights



SURLY PUGSLEY
Everything about it is
BIG!
DEMO ONE TODAY

VISIT US AT WWW.BOEHMSCYCLE.COM

Bicycles Fitness Hockey

INTENSITY: Improvement for the Aging Cyclist

by Gary Bakke

Recent studies establish that for us older riders (and young ones too), workout intensity equals improvement. For most of us, high intensity efforts are not on our list of 10 greatest pleasures. We ride often, we ride long, but we avoid the pain of intensity. I wish I knew the person who said, "If you train like you always have, you will get the results you have always gotten." It's true.

As we get older, we lose muscle mass, strength, and aerobic capacity. Or so it seems. Recent studies have shown that it does not have to be that way. Apparently we lose strength as we get older because we expect to. We don't work out as hard and it then becomes a self-fulfilling prophecy. Gabe Mirkin, M.D., reports that loss of muscle size and strength in older people is caused by lack of exercise, not just by aging.¹ Our own Ed Hassler got it right when he said, "We don't stop biking because we grow old. We grow old because we stop biking."

Okay, the importance of exercise is nothing new, but what kind of exercise? I advocate for regular, periodic intense training days. I do

not suggest that aging cyclists should train like young competitors, but it is helpful to know that the same training techniques that work for TdF riders can work for us too, well into our 50's, 60's, and even 70's. Maybe 80's too, but I haven't personally tested that yet. My personal experience is that periodic intense workouts are necessary for me to keep up with the group and enjoy the regular TCBC rides that we all love.

When we look at our riding, there are only three parameters that we control: frequency, duration, and intensity.

Frequency equals Fun. We just love to get out in the fresh air and exercise. Even cold, windy, or wet days can be a joy with the right clothing and bike equipment. As Nike says, "Just Do It." We all do.

Duration equals Donuts. Duration is where we burn calories. Long rides help us stay leaner than we would otherwise be, and allows us to enjoy our donuts, pasta, beer, chocolate, and whatever else we crave. And long rides are fun.

Intensity equals Improvement. That is my main point here. The problem is that intense workouts are hard;

they are not fun. Think intervals. But intensity works. Intense workouts help us ride longer, faster, and more relaxed on our fun rides.

Although we can look at frequency, duration, and intensity as independent elements, in real life they are closely interrelated. We need rest and recovery days. The older we get, the more important the rest and recovery days. High intensity must inevitably come at expense of duration or frequency or both. Because of that built-in interrelationship, there can be a downside to long- duration training efforts. Joe Friel² observes: "As we age there is a tendency to increase duration at the expense of intensity. The aging athlete needs to do just the opposite if he or she is to slow the aging process." He recommends periodic workouts above 80% of maximum to maintain strength, muscle endurance, and anaerobic capacity. This clearly will result in shorter training sessions but higher average intensity. The bottom line is that frequency and duration is where our enjoyment is found, but without occasional intensity, we won't get faster or stronger, and we won't arrest the aging process.

I love my long rides as much as anyone could. Being on the bike for hours is a privilege and unique pleasure. There can be no doubt that long rides improve our overall health. But long rides don't make us stronger or faster riders. In fact, they may do the opposite. After my long randonneur rides my quads are tender and I can be tired for two days. Regular rides later in the week can be slow. I love these rides but I have no illusion that they make me stronger or faster.

You may now be wondering how to

measure and rate the intensity of your effort. Many TCBC members have heart rate monitors or power meters. They probably have their own metrics to monitor their performance. Those who have access to a personal heart rate monitor or a heart rate indicator on the aerobic machines at the fitness center are probably familiar with the formula that estimates one's maximum heart rate as 200 minus your age. Even the researchers who invented that formula agree that it can be wildly inaccurate and probably underestimates the maximum heart rate for people in good condition.³ Don't rely on it any more than you would report your height to be 5'9" because that's the average of TCBC members. (I made that up.)

The common wisdom is that efforts of 60% of maximum are for fat burn and 80% are for aerobic endurance. The intensity I am suggesting is above those guidelines. Cycling coaches frequently use lactate threshold (LT) as the benchmark for planning the intensity of various workouts. LT is defined as the exercise intensity at which lactic acid starts to accumulate in the blood stream. LT is trainable. Maximum HR probably is not.

Don't know your maximum HR or your LT? Not to worry. We really do not need either sophisticated formulae or equipment to gauge our intensity. Coaches and researchers have determined that our own perception of exertion (PE) is quite accurate as an indicator of our intensity.⁴ There are two different standard charts of perceived exertion; the Borg Scale rates perceived exertion on a scale from 6 to 20. I have always thought that range to be odd. Much easier, at least

Continued on next page

We Know Tools!





County Cycles

Trikes To Pro Bikes

Free Pump!

With Workstand Purchase

Receive a FREE Park Tool PFP-6 Floor Pump when you purchase a Park Tool workstand. Snow's arrived, it's a good time to tune up your bike.

Bonus Offer

15% Off any other hand tools with your workstand purchase.

Restrictions apply. Not valid with any other offers. Expires on February 29, 2012.

countycycles.com

2700 Lexington Ave N. 651-482-9609 Roseville, MN

"We inspire, educate, and outfit for a lifetime of outdoor adventure and stewardship"



Bloomington
952-884-4315

Roseville
651-635-0211

Maple Grove
763-493-7861

Store Hours:
M - F 10 am - 9 pm
SAT 9 am - 9 pm
SUN 10 am - 6 pm

www.rei.com

Perceived Exertion Chart			
PE Rating	Activity Level	Details	Author's Comment
10	Extremely Hard	Unable to talk. Breathing no longer rhythmic; gasping.	There's gold medal and \$10,000 at the finish line 400 meters ahead. This is where you test your maximum heart rate. Check with your doctor first.
9	Very Hard	Can speak only a word at a time	This is the author in the Afton Hills on the TCBC Acapulco Ride
7-8	Hard	Can maybe speak one sentence	This is the maximum effort one may be able to sustain during a 20 mile race.
4-6	Moderate	Can carry on a conversation	This is the young ladies in the Afton Hills on the TCBC Acapulco Ride as they pass the author and crest the hill 100 yards ahead of him. I'm impressed.
2-3	Light	Breathing is easy	Step it up a notch
1	Resting	Wake up	Get off the couch.

for me, is a simpler 1 to 10 scale like the following:

See Perceived Exertion Chart above

For me, intense intervals are those that include perceived effort in the 8-10 range. Your mileage may vary.

Most of us don't want to sacrifice our frequent rides or our longer rides in exchange for intensity. We look forward to every opportunity to get out with the group. So what to do? Winter is a great time to step up the intensity. That is my second point here. While most of us truly enjoy a 3, 4 or 5-hour ride on a nice summer day, many of us consider even one hour of indoor riding to be a form of medieval torture. Whether we consider spin class, a fitness center exercise bike, or our own bike on a trainer, one hour is a long time. So let's use it for our intense workouts. Interval workouts are easy to find on the Internet. There are also lots of videos to guide us through the interval workouts or power challenges. Some bike shops have them and all are available on line.

Many of you are happy to just ride. A faster pace or quicker climb may not be important to you. Wonderful. I respect that. Keep it up and enjoy every minute. But some of us want to improve. (Actually, at my age, improvement is a myth. I just strive to avoid deterioration and decline.) For us, intensity is the key.

ⁱ **Gabe Mirkin, M.D.** reports that competitive masters athletes, 40 to 81 years old, who trained four to five times per week did not lose any muscle size or significant strength with aging. Gabe Mirkin, M.D. diana@drmirkin.com

ⁱⁱ **Joe Friel** is the author of several books for cyclists and tri-athletes including *The Cyclists Training Bible* and *Total Heart Rate Training*. He contributes regularly on his blog: <http://www.joefrielsblog.com/>

ⁱⁱⁱ <http://cyclingfusion.com/fanatics/heart-zones/ten-reasons-220-age-plain-wrong/>

^{iv} **Center for Disease Control.** <http://www.cdc.gov/physicalactivity/everyone/measuring/exertion.html>



NEW TCBC RIDE LEADERS CLASS OF 2011

2012 TCBC Leader Training

Ever thought how nice it would be to have more TCBC rides in your area or more rides tuned to your ability? Or rides on a certain day of the week or time of day? Or rides that are centered around a social activity or an event? Then consider becoming a TCBC Ride Leader.

The array of rides offered by TCBC is determined solely by its ride leaders, so if you perceive a need, please step forward and volunteer to fill it by taking TCBC Leader Training this spring.

The training consists of five hours of class held on Saturday morning, April 14th, at a location in Mounds View; plus attendance at the Leader Forum on Wednesday evening, April 18th, at a location in Shoreview.

The Saturday class will focus on preparing you to lead safe, fun, and interesting rides. Subjects covered include how to organize, plan, map, advertise, and lead a bike ride for TCBC, plus how to interact with TCBC's systems and organization. Strong emphasis will be placed on the rules of the road, traffic laws, bicycle safety, and risk management. The Wednesday session, known as the TCBC Leader Forum, will be attended by all returning and new leaders and will cover an array of topics pertinent to all TCBC Ride Leaders. It's also a great opportunity for new leaders to interact with experienced ones.

To qualify for TCBC Leader Training, you must be a current member in good standing who preferably has been with our club for at least a full year and has done a significant number of TCBC rides. Also, you

must be willing to lead a minimum of four rides for TCBC by the end of October, 2012, and to fully abide by TCBC rules and customs. It's also very important that you have internet access and an email address that can be used for TCBC communications.

Please note that the course is designed for TCBC purposes only and is not a general "leadership" course.

The total cost is \$40 and that includes a lunch on Saturday. It's possible to recoup your \$40 by leading at least four rides by the end of the season on 10/31/12. To register, send a check for \$40 (made out to TCBC) to: TCBC Leader Training, c/o Pete Hawkins, 3008 County Road I, Mounds View, MN 55112. Be sure to include your current address, home phone number with area code, and an e-mail address. Expect to receive an email of acknowledgement and further details by Friday, March 30th. Deadline for registration is Friday, March 23th, but it's advisable to sign up well before that as the class often fills up to its maximum of 30. Email Pete Hawkins at pnh706@gmail.com if you have further questions.

By **Pete Hawkins**



LEARN WITH THE PROS
PADDY BIKE RAMP LEARNING CENTER

WWW.RIDETCFF.ORG

TCBC Annual Meeting Report

The TCBC 2011 Annual Meeting, with over 200 members in attendance, was held November 6 at the Brooklyn Park Community Center. The event, which was coordinated by Evie Walters and volunteers Jeff Johnson, Gina McCrone, Kim Meyers, Carol Stephens, and Sandy Thometz, began with a catered meal by The Lookout Catering.

President Patt Seleen called the meeting to order by presenting the 2011 Year in Review. A few highlights included the annual recognition dinner, swap meet, new leader training, ride leader forum, Watermelon Ride, the dedication of the Herb Schultz bench, and the Halloween Ride.

Liesa Miller, TCBC secretary, requested the 2010 minutes be approved by the membership. Approval was unanimous.

President Seleen continued with the TCBC Board established goals in review: developing a new mileage database; integrating mileage, membership, and scheduling databases; educating members in use of ID's; scheduling New Member Rides; and issuing a new challenge to members to ride 1,000,000 club miles.

All goals except the million miles were met. In 2011, club members rode 859,358 miles. Rainy/snowy days (126) were cited as the number one reason for not achieving this goal -- 118,231 miles and 283 rides were lost to cancellations. Paul Frenz,

Garry Glubka, and Joe Dupont were recognized for leading New Member Rides.

Club priorities in 2012 include a focus on safety, analyzing the TCBC financial status, examining existing communication methods, identifying enhancements to existing databases, and producing a new club jersey.

Tom Melcher, representing the finance team, presented the TCBC financial report, including 2011 income, expenses, and reserve funds, comparing them to the 2012 budget. Team members were treasurer Roger Fickbohm, Paul Wiltse, Gina Sapia, and Terry Quam. Included in the report were charitable contributions to the Bicycle Alliance of Minnesota, Bolder Options, Minnesota Randonneurs, Parks and Trails Council, and Transit for Livable Communities. Retiring Treasurer Tony Stifter was recognized for his many years of service as TCBC Treasurer.

Mary Derks, membership committee representative, explained online membership changes since last year, and encouraged members to use online TCBC services, emphasizing the importance of using member numbers when signing in for a TCBC ride. In 2011, TCBC had a total of 1963 members. Committee members were Kristi Linder and Scott Larson.

Michele Brougher presented the TCBC ride stats report. Committee members George Hagemann, Patt Seleen, Scott Larson, Loren Lovhaug, Jeff Johnson, and Richard Franco gave

support and advice to Chairperson Brougher, who spent a total of 985 volunteer hours developing the current TCBC online ride stats program. The ride sheet process from sign-in to posting, the importance of member numbers and using a legible signature, and the process of identifying and reaching out to riders who are not current with their memberships were all explained to members.

Paul Frenz gave a brief safety report. In 2011, there were a total of 28 reported accidents, down from 46 in 2010 and 34 in 2009. Garry Glubka was also a member of the safety committee.

Lisa Austin's sponsorship committee included Mary Derks, Joe Dupont, Kathy Horton, Kate Kovar, and Bonnie Shoebottom. Many sponsors were recognized via power presentation, and TCBC members were encouraged to patronize online and ride sponsors.

Doug Nelson, newsletter editor, thanked art director Steve Scott for putting the newsletter together and thanked regular contributors Bob Brown, Garry Glubka, Patt Seleen, Jeff Ramberg, Paul Frenz, Kristi Linder, Karen Johnson, Jim Pederson (schedule) and Michele Brougher (stats). He also requested fillers for future TCBC publications.

Mary Miller, coordinator of BIKE U sessions and maintenance classes, reviewed 2011 sessions and classes and alerted members to future events and presenters. Last year's

presenters were Gordon Fink, David Siskind, Charles Breer, and John Koser (DeLorme). Additionally, TCBC hosted a tour of Quality Bike Parts in Bloomington. CARS, Penn Cycle, County Cycle, Freewheel Midtown, and Freewheel Eden Prairie offered BIKE U maintenance classes. Upcoming BIKE U sessions will be held at REI, and BIKE U maintenance classes will be held at select bike shops. Further info will be posted at biketcbc.org and published in the TCBC NEWS.

Richard Franco introduced and thanked outgoing board members Garry Glubka and Tom Melcher. Board nominees Michele Brougher, George Hagemann (incumbent), Gina McCrone, and Gina Sapia (incumbent) were introduced to the membership. All nominees were approved. They will be joining current board members Liesa Miller, Paul Frenz, Richard Franco, and Patt Seleen.

President Seleen brought the annual meeting to a close by announcing the recognition banquet date and place: Saturday, Feb. 11, again at the Minneapolis Ramada Plaza Hotel. She then called for questions and answers.

John Avoles proposed a question about recent breakin activity at Minneapolis ride starts. Members were told there had been an arrest and criminal activity had stopped.

Pete Hawkins encouraged members to volunteer for the Watermelon Ride and also recognized new ride leaders who led at least four rides.

Sarah Hartmann updated members about the current Minnesota Ironman Ride status, indicating that Hostelling International may be in a process of making changes to the ride sponsorship.

Free Bikes for Kids (FB4K), sponsored by Allina, was explained to members. The organization began four years ago by reconditioning donor bikes for needy kids. The current goal is to give away 5000 bikes. Used bikes and volunteer time were requested.

A motion to adjourn was made by Hugh Gitlin and seconded by Clareyse Nelson. The TCBC Annual Meeting was adjourned at 8:15 PM.

PROVIDING BIKES AND FITNESS EQUIPMENT TO MINNEAPOLIS - ST. PAUL FOR OVER 35 YEARS.

Ride Outside. Ride Inside. Ride NOW!

Great bikes for riding through the winter! Great training for preparing for spring!



now
BIKES & FITNESS

INDOOR TRAINING CENTERS
NOW OPEN AT BOTH SHOPS!

2012 PUGSLEYS ARE HERE!

www.nowbikes-fitness.com

St. Paul - 75 Snelling Ave N | 651.644.2354 Arden Hills - 3673 Lexington Ave N | 651.490.7709

To No Good Purpose

It has recently come into vogue, equating bicycles with goodness as environmentally sound purveyors of health and fitness. In the different times of older days, there was on occasion a much darker side to bicycles, a side which I came to know firsthand. It was true in those days that I was part of an evil gang, consisting of two boys who had reached an age at which great wickedness and foolish daring combined to make our hallowed bicycles accessories to bad behavior.

The bicycles were innocent, as to the cause of our misadventures, and they were not involved in the first bad acts which led to their later inclusion as part of the misdeeds which were to follow. We two boys colluded to pull off what I would describe as being an example of organized crime, although in part, each boy acted separately. As for me, I stole a pack of cigarettes from a carton which my dad had purchased and which he had stored in a drawer of the end table by his chair. I had cleverly waited until the box was nearly half empty, so the theft would be less noticeable. My friend's crime required more foresight and patience. Having obtained an empty pint whiskey bottle, he started filling it over a period of several weeks from some bottles which his father visited often, allowing the little periodic thefts to go undetected. In this way he concocted a beverage which was mostly whiskey with some portions of gin and rum. Eventually the bottle was two thirds full, or one third empty, depending on whether you are an optimist or a pessimist, and depending upon whether you consider a full pint, under those circumstances, to be good or bad.

In the possession of this contraband, we took to our bicycles, intent upon nothing good. We knew that bad men usually got together in some kind of a shack, but we owned no such real property and had to content ourselves with making a hideout in the tall dry weeds near the river. Whatever type of weeds they were, they had grown to be just over our heads. When we bent some of them down toward the center of the area we had designated to be our place of concealment, we were completely hidden from view and we had a nice mat of weeds upon which to sit and drink and smoke.

It was our wish to augment this adult behavior by talking like grown men,

which, in a small farming community, meant talking about the crops and the fall harvest along with some general discussions of farming. We two nine-year-old boys knew little or nothing about the crops on any particular farm, so we talked about some of the gardens in our neighborhood, the corn and squash and such. Regarding those gardens, however, we were deprived of such meaningful topics for discussion as acres of tillable land, bushels per acre, crop rotation, milk base, butter fat, fresh heifers, the usefulness of bulls as compared with artificial insemination, and other stuff that did not go on in any of the gardens we knew about. To fill things out a bit, we tried to talk some business. As our conversation progressed, we also figured out how to blow smoke out of our noses. The upshot of all this was that before we ran out of things to say and do, we ran out of cigarettes and whiskey. Our discussions then turned toward the subject of how we were doing after we had each consumed twelve or thirteen cigarettes and six shots of strangely blended whiskey in the space of well less than an hour. It was our consensus that we were far more sick than drunk.

The fall air being somewhat cold in the shade of our hideout, and we feeling more ill as time passed on, it was decided that the hour had come for us to ride. As I have said, bicycling is generally considered to be a good thing, but not when your bicycle is working very poorly like ours were on that day. Surely something was wrong with them. They wobbled. They could not go up hills very well, and they rolled way too fast going downhill, to say nothing of how they performed on the corners. The purpose of our ride was to find a nice grassy hillside in the late morning sun and to lie there until we recovered our health. Had we been better boys, we would not have used our bicycles for that purpose at that time. We would have employed them to ride home and tell our mothers that we did not feel well. They could then have taken our temperatures and put us to bed, or whatever it is that mothers do when they suspect their young boys of having gone out on a bender.

You might say that we learned our lesson that time, but you would be wrong. It took us one more trial to get the point. That's why I never quit smoking and drinking that first time until I was ten years old, but it did last me until well into my college years.

by Bob Brown

Ride Stats Report



We have plenty of rides in for November. Proving this was better than Nov. 2010: Women's miles this activity year are 7105, and at the same point in 2010 they were 3873. Men's miles this year are 21,830, and last year at this point they were 12,903.

TOP 10 MEN'S MILEAGES

Richard Miller	784
Randall Huskamp	610
Bruce Siegfried	605
Tom Brix	600
Dick Voss	593
Patrick Morford	592
Pete May	466
Bob Prudhomme	418
Bill Bennett	413
Jack Uttermark	409

TOP 10 WOMEN'S MILEAGES

Melanie Pidgeon	561
Katie Angle	524
Pam Engebretson	343
Stephanie Croteau	323

Pamela Zachman	301
Catherine Fritter	267
Karen May	239
Kathy Mulier	236
Mary Miller	214
Mary Nelsen	191

DOING THE MOST RIDES: Siegfried 22, Morford 19, Voss 17, Brix and May 15, Angle 14.

LEADING THE MOST RIDES: Randall Huskamp 13, Bruce Siegfried 19, Don Hopkins 9, Richard Miller 7.

LARGEST RIDES REPORTED IN NOVEMBER:

11/24	Thanksgiving Trails	47
11/5	Cruisin' the Crow	38
11/11	Veterans Day	27
11/5	Bike to Breakfast	27
11/7	Pink Express	24
11/18	Friday Metric	22
11/11	Friday Metric	21
11/14	Pink Express	20

Winter Specials

Thru February 29 - Leap Day!

Complete Bike Overhaul

\$74.99

Reg \$149.99
Parts Extra



Kinetic & CycleOps Trainers On Sale

NEW SHOP OUR EXPANDED CATALOG ONLINE!

www.gatewaycycle.com

Gateway Cycle 651-777-0188
6028 Hwy 36 Blvd No
Oakdale, MN 55128



An Awesome Austrian Bicycling Adventure

by Dick Stardig

Last September, 18 avid cyclists from Minnesota spent a wonderful week bike touring in Austria. The trip used a European touring company, Euro Fun, where the group would tour the Austrian lakes district known as the Salzkammergut. The tour would consist of only our group and the Euro Fun guides. The bike excursion was known as the 10-lake tour as it would take us past 10 gorgeous lakes nestled in the alpine foothills in one of Austria's most scenic regions.

The 18 participants arrived in Europe at various times but all converged on our starting point for the tour, Salzburg, Austria. Prior to the bike tour, the group went on a wonderful all-day walking tour of the city. We strolled through the old city beginning with the lovely Mirabell Gardens with its sculptures, fountains, and colorful flowers. Then it was off to the castle fortress of the prince archbishops of yore – the Festung, which stands high overlooking the city. After a tour of the castle and many scenic overlooks of the city, we hiked down wooded trails to our evening appetite and thirst quencher for the evening, the Augusteiner monastery and brewery. The numerous food courts featured everything from brats to ribs as well as delicious Austrian pastries! And of course, there was the Augusteiner beer to wash it all down. The only decision was half liter or full liter stein! A nice caper to a great day!

The bike tour began with our introduction to our Austrian tour guides, Bernhard, who would lead us on the bike and Steffi, who would transport our luggage. We were also introduced to our trusty cross bikes, complete with fenders, generator lights, and rear rack with pannier bag. No carbon or titanium to be found, just a good solid bike ready to handle whatever terrain or conditions the tour might throw at it.

Following erstwhile and engaging guide Bernhard out of Salzburg, we followed the Salzach River on a lovely wooded bike trail through the Austrian countryside. What lay ahead was a multimodal and multifaceted tour with more scenic, gastronomic, and cycling highlights than I'll be able to chronicle here. And Bernhard made the trip so entertaining by filling us in on all of the historical significance of all points of interest and made sure we had plenty of opportunities to "make photos" which our group accomplished quite prolifically. And thanks to Steffi, our luggage was always waiting for us in our rooms after the long arduous days of cycling, eating, and sightseeing.

The scenic beauty of the area was stunning to say the least. The shimmering lakes themselves were so lovely with surrounding mountains and charming historic towns on the shorelines. Some of the highlights were Hallstadt, one of the most photographed towns in Europe, with its beautiful old city which also

contained the "bone house" where skulls of past generations were kept due to space limitations in the family cemetery plots. Another charming spot was the town of Mondsee (Moon Lake) which contained the amazingly ornate church used for the marriage scene in "The Sound of Music."

The biking proved to be an eclectic mix of bike trails, paved and gravel, quiet country roads, and some busier roads. There were a few hills to be climbed along the way, but none too long or punishing. Along with the climbs, of course, some great downhill were to be found – one especially good one on the way back to Salzburg. The narrow country back roads felt deceptively like bike trails until that inevitable Volkswagen Golf came speeding toward you! A great deal of the route was on dedicated bike trails which made for very relaxed riding. The bike trails were mostly good pavement, but occasionally were gravel and in a few instances a narrow dirt path. But, our trusty cross bikes handled it all with aplomb. There were times where we connected our bike routes by traveling by train or boat, and one memorable up and over hike. The hike up gained about 300-400 feet and we met the Euro Fun van with the bikes on the other side. Our reward was a great downhill run on our way back to Salzburg.

The food on the tour was marvelous as well. Nearly every hotel provided breakfast and evening dinner. The

breakfast consisting of the traditional Austria fare of cold cuts, cheese, wonderful breads, and numerous fruit and cheese spreads as well as fruit, cereal, and often eggs and bacon or sausage. No problem fueling up for the day's biking! Lunch along the way was either at a restaurant or an outdoor picnic. One memorable outdoor meal was at an organic farm where there was a great spread of salami, bacon, cheese, bread, and wiener schnitzel topped off with a yummy dessert of fried bread with a fruit filling. And then to aid digestion, a shot of schnapps! Another great outdoor meal was procured from local markets by Steffi from Euro Fun and had cold cuts, cheese, fruit, and bread with a little wine to wash it all down. The evening meals were always high quality as well and included Austrian specialties such as wiener schnitzel and apple strudel.

The scenic and historic highlights were numerous along our journey. A tour of the ice caves near the Dachstein Glacier was a unique experience. After riding up a little climb, we took a cable car up to a paved trail with a further hike up to the cave entrance. Once inside, we were treated to various ice stalactites and stalagmites and other unique formations with creative backlighting. What a treat! A diverting historic stop was a guided tour of Emperor Franz Joseph's summer palace in Bad Ischl. In touring the opulent palace, we learned about the life of Empress Elisabeth, who was an activist clearly ahead of her time in the pre-World War I era. We also learned that Emperor Franz Joseph was an avid hunter who arose at 4 AM nearly every day to go hunting, and was credited with killing thousands of animals whose heads adorned the palace!

But what made the trip the most fun was all of the great people in our cycling group and the people from Euro Fun. We really had a great group to bike, eat, drink, laugh, and enjoy the sights and sounds of Austria with. And our enthusiastic guide, Bernhard, really showed us good times and the other Euro Fun folks, Steffi and Burgi, were great fun to get to know as well. All around the trip was great and it was very hard to say Auf Wiedersehen to Austria and head home to Minnesota.

The weather outside may be frightful! Ride indoors on a new Kinetic trainer!

*If your bike needs some TLC
bring it in for an overhaul*

Save 40% off all tuneups and overhauls scheduled in January. All in stock tires are 20% off. Or you could trade up to a new ride!

All in stock bikes on sale....0% defered interest
.....with approved credit.

CARS
BIKE SHOP

Your friendly neighborhood bicycle shop!

Check carsbikeshop.com



763.784.6966 -- carsbikeshop.com

2661 County Road I & Old Hwy 10, Mounds View, MN
10-8:00 Mon, Thur, Fri - 10-6:00 Tues, Wed 10-5:00 Saturday, Closed Sundays

Bike U Events Coming Soon

The Winter Bike U Conferences are shaping up to present you with another array of interesting topics. The REI Bloomington is not only one of our sponsors, but, of all of our sponsors, is the only one with a marvelous facility that meets our needs precisely. They also share our mission of serving the community at large (as well as our obligation as a 501.C.3 non-profit) so all of these sessions are open to the entire metropolitan cycling community. Their facility is roomy, comfortable, and offers us access to one of our favorite cooperatives as well as being readily accessible to the entire area near the junction of interstates 35W and 494 at the Lyndale Ave exit, then south to American Blvd. and right (west) one block to the REI entrance on your right. You walk through the store to the shoe department and the community room is at the rear of that department.

To start off the season, we will hear from Diana and Duane Kasper who will share their spoken and pictorial presentation of their European adventures. Diana and Duane discovered a unique way to travel a few years ago which they have already shared with a group of their friends in TCBC by organizing a trip to Europe. This is your opportunity to hear a detailed presentation on just what a bike and barge trip is all about. Do you suppose one glides along on a bike next to a river and attached by rope to the barge which then pulls you

along the road from the river? Probably not. These trips are really quite unique and intriguing. Come and experience this exciting way to see Europe vicariously at 3:00 PM, Saturday, January 14, 2012.

Randonneuring has developed a loyal following within TCBC allowing some members to really rack up the member miles as rides vary in length from 62 miles up to 750 miles. When one embarks on a ride of 750 miles that is a pretty daunting amount of time in the saddle; and some of us (me) can only visualize pain, so it becomes a fascinating subject to imagine how this style of riding is attractive to some. Come and satisfy your curiosity as we hear Rob Welsh and friends give us a detailed, in-depth view of this rapidly expanding style of cycling on Saturday, January 28, at 3:00 PM.

The schedule for February is still in development as one of our senior ride leaders (some of you may guess who) is out galavanting around the world in the wintertime -- only gracing us with her great leadership skills throughout the more temperate months in Minnesota. So, a panel of individuals, made up of Clareyse Nelson [when she gets back to town and can give me a date], a TCBC leader of 25+ years, one of our club RN's, and Ann Strong-Armstrong, a cycling physical therapist, will speak to us about aging and cycling. Since TCBC is a club of long standing in the Twin Cities, we have a sizable number

of members who have earned the title of senior; plus, a growing number of cyclists in the community at large are active seniors, so this conference is to expand our level of common knowledge as we bike our way through the years and to keep us on a safe track.

Additionally, I am in the process of inviting Steve Clark of Transit for Livable Communities to share how \$21 million of our tax money was spent by sharing the TLC's impressive list of accomplishments, disappointments, and future challenges. This will give you a chance to bring yourself up-to-date with some of the new cycling opportunities we have available to us around the metropolitan area.

Coming in March and April will be Gordon Fink's presentation about commuting, and a number of bike maintenance sessions scattered about the metro. We have a growing number of commuters in our midst and a long list of new members each month who may benefit from the on-the-road repair presentation at their local bike shop. Stay tuned. Please gaze at the top center area of the website where it says "upcoming events" for more details as they have unfolded since this newsletter went to press.

Mary C Miller
Bike U Coordinator

Welcome to these new members since the last listing!

Sonia Aaroe

Linda Ball

Amy Barrett

John Barrett

Shawn Boyd

Dawn Doll

David Farrar

Genevieve Farrar

Beckie Hill

Roger Kuklock

Bill McAuliffe

Mitch Newman

Molly Newman

Missy Olinde

Randy Patrick

James Trimble

Denise Ward

Tony Zantua



TONKA
CYCLE SKI BOARD

16 SHADY OAK RD.
HOPKINS MN 55343
952-938-8336

**YOUR HEADQUARTERS
FOR BIKES,
DOWNHILL SKIS,
SNOWBOARDS,
X-C SKIS, & CLOTHING**

check our website for WEEKLY DEALS...

tonkacycleandski.com

A Passing Fancy

by Karen Johnson
and Ma Manners



From the back of the pack, I've had great opportunity to observe bicycle passing protocol on club rides before the front-runners disappear ahead of me. And even on certain occasions I've had opportunity to make my own faux pas when passing other cyclists.

I've learned there are many variations of how cyclists inform each other of one's presence when passing. Do you call out "on yer left" or slide by with little comment? Do you ring a bell or have something witty to say ("passing and I don't mean gas"). Of course, all polite TCBCers call out their intentions with an "on yer left", but I've learned there isn't

consensus out on the road regarding this practice.

A friend recently made the case for the silent pass:

"I never say anything when I pass others, because that gives them enough warning to jump out in front and cause a crash. When people are startled by "on your left", they sometimes move to the left and "boom" we're both down. If I see they are behaving in a predictable way, I would prefer to just slide by them. And too often "on your left" shouted out suddenly can sound cranky and rude."

She defended her position at my look of surprise, "Shouting something out to a runner, walker with a stroller, blader, or another cyclist seems counterintuitive to me. It gives the person a chance to respond unpredictably".

My response was that when I'm passed, sometimes I'm moving to the left to avoid a crack or debris in the road, possibly causing a collision with a silent cyclist beside me trying to pass. If a crash occurs, who then is wrong; the passing rider for not calling out her presence, or me, for not having enough mental telepathy to know she was coming around me? And sometimes I'm more startled by the unannounced passer than the "on your left". But I did agree that by the time you hear "on your left" it's sometimes too late to really do anything. And the announcement often sounds like "get out of my way"!

We agreed to disagree about the situation and thought that perhaps someone of greater expertise than ourselves could weigh in on the situation. So., I posed a number of scenarios to Ma Manners to get her view on appropriate passing audibles (or inaudibles).

On Yer Left... Could it be misinterpreted and the person actually moves to the left? Would saying something else be better "rider passing; stay right"? How much do you have to remember or spurt out and how much in advance to clearly communicate?

Ma appreciates not being left out....And she loves those cute kids furiously pedaling their pink 16-inchers down the trail, colorful streamers waving from their handlebars. She also knows that if she announces her passing they'll turn to look and swerve in front of her, so she's usually silent for the kids. Otherwise she'll say "Passing left" at least a bike length back and loud enough for any nearby squirrels to take notice.

On Yer Right... A comment that gets dinged by the vigilant ride police.

Ma rightly says... This is a sensitive issue for riders who don't like others in their right rear "blind spot". However, some of those same riders track pretty far left making it necessary to ride into opposing traffic to pass left. Ma prefers to avoid head-on collisions with 18-wheelers, so she diplomatically passes right and

hopes those "ding" bats will see that \$10 bill in the gutter and learn to ride a little righter.

Silent pass... Rationale: I can usually get around them and out of any danger before it even registered with them that I am (was) there.

Ma silently refers you to On Yer Left above.

Social passing... Should you exchange friendly banter with random people as you pass? Is it appropriate to enter into a 20-minute discussion on the increasing national debt and the ineptness of the Republican party to find a viable presidential candidate?

Ma loves social encounters... But usually passes on political discussions. Her banter with other riders along the way rarely stretches to 20 minutes unless it is with the guy in the colorful jersey and the glam glutes. Why ride with a club if you don't want to blab a bit with the folks you're riding with and get to know something about them other than the type of bike they're riding?

Ring the bell... Last time someone "belled" me, I thought they were selling ice cream.

Ma's musical musings....Ma loves bells (wedding, Christmas, ice cream wagon, bike, etc.). She somehow intuitively knows that that sweet little ding she hears behind her signals somebody's intention to pass,

Continued on next page

SAVE
25%

ON ONE FULL PRICED ITEM. *EXCLUSIONS APPLY

*Offer valid for in-store purchases only. Coupon must be presented at time of purchase. Offer not valid on bicycles. Offer not valid on child trailers. Offer not valid on car racks. Offer not valid on Freewheel Bike gift cards. Offer not valid on mobile repair services. Offer not to be combined with other discounts, sale prices, or package deals. Limit one coupon per customer. Not redeemable for cash. Expires 3/31/12



www.freewheelbike.com

TCBC0511

and if she's wrong she's going to enjoy a double scoop of strawberry ice cream on a waffle cone!

Triple delight... This occurs when trying to pass threesomes in deep conversation riding side by side. Is an appropriate shout out: "I'm behind you and wish not to be eavesdropping on your friend's recent affair"?

Ma thinks "Three's a crowd".... And loudly proclaims "Comin' through the middle". The soap operatic conversation usually abruptly stops, the riders look back in surprise, and kindly let her through. She most often gets the gossipy scoop she interrupted while sipping iced tea at the next rest stop.

Earbud deafness... This ever-increasing hearing loss phenomena creates a real hazard. How can anything on that IPOD be as interesting as the neighborhood "buzz" from birds to bikers passing!? Set your jaw, say nothing, and zoom by?

Ma agrees... That preaching about iPod use on rides to iPod users/riders falls on deaf ears. She gives them a quiet, wide berth, hopes they're not permanently damaging their hearing, and would like to think the irresistible stuff they're listening to is great Glen Miller dance music.

Passing up a hill... There is only one reason I pass up a hill: to get to the top and end the pain quicker!

Whew!... When Ma can pass somebody going uphill she asks that you please remind her to sign up for the women's division of the Tour de France.

Passing down a hill... Is this safe, when the folks ahead of you are riding erratically or the pavement is filled with cracks? Do people not want to wear out their brakes, or do they like the thrill of being the first one to crash at the bottom?

Ma snickers... How else to regain those places you lost puffing up the hill?

Neurotic passing... This includes passing too close, cutting off after the pass, and slamming on brakes once around the person ahead.

Ma quotes her friend, Etti Quette..."Shame on you, dearie!"

Overtaking front-runners at stop lights... This includes zipping around stopped speedsters as the light turns green when you roll up from the rear.

Ma is no speedster... But she grows weary of re-passing slower riders who "jump the line" at stop lights – especially if they get between her and the guy with the glam glutes.

Passing with oncoming traffic... Whether it involves oncoming cyclists, or a lane of traffic with 2-ton rolling weapons bearing down upon you.

Ma enjoys watching PBS... And finds the Nova programs featuring prominent physicists like Stephen Hawking very interesting and educational. They remind her of her terrific high school physics instructor and class discussions of the laws of motion and all those formulae to determine force vectors. She's forgotten many of those equations, but remembers enough to know that the bicyclist always loses in an encounter with a 2-ton-plus mass of rolling steel, plastic, glass and rubber. And who knows, she may hear a black-capped chickadee while waiting for a time to pass safely.

Passing distances... how much room do you give the passee?

Ma considers... How far can they spit (or blow snot)?

Passing laws... In Florida, it is the law to give an audible signal before passing pedestrians when on a bike.

Ma is trying to remember... What does the call of a pink flamingo sound like?

Grateful passing... Should you acknowledge a successful pass with a "thank you" to the walker, runner, cyclist being passed because there was no contact during the exchange of position?

Ma goes Aquatennial... And gives that parade wave (safely, of course).

Passing as you roll into the parking lot ahead of all your fellow cyclists who have been ahead of you the whole ride...

"Oh, heavens" Ma exclaims... Sometimes ya just gotta go (you know what)!

Thanks, Ma, for your thoughts! I think a moderate position may be to carefully assess the situation, kindly announce your intention ("on yer left") and pass politely, perhaps with a few pleasantries exchanged. Let's face it, very few of us are going to qualify for the racing circuit, and it's better to make a few friends out there and enjoy the day.



Come Celebrate the 2011 Season!

Save the date for the annual TCBC Recognition Banquet.

This all new fun-filled program will include some surprises to recognize TCBC volunteers and celebrate the 2011 season. Don't miss this opportunity to catch-up with your biking friends and see how many people you'll recognize without their riding gear.

When: Saturday February 11, 2012

5:00 pm Registration
5 - 6 pm Social Hour
6:00 Welcome
6:30 Buffet Dinner
7:30 Program



Where: 1330 Industrial Blvd, Minneapolis
(Hwy 36 between Stinson and 280)

RSVP & Registration by February 6, 2012.

Register online or make checks payable to TCBC and mail along with this form to TCBC Recognition Banquet P.O. Box 131086, Roseville MN 55113-0010

TCBC Member Number _____

Name _____

Name _____

Name _____

Name _____

Number Adult Members _____ \$20 _____

Number Adult Non-Members _____ \$30 _____

Number Children (under 11) _____ \$7 _____

Number attending _____ Total Enclosed _____

<http://www.biketcbc.org/events/TCBCRecognitionDinner>

TWIN CITIES BICYCLING CLUB
P.O. BOX 131086
ROSEVILLE, MN 55113

CHANGE SERVICE REQUESTED

NON-PROFIT ORG
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT
NO. 32139



SAVE \$330
on a Trek 2.3c Road Bike
Regular \$1,729.99
Special Purchase Now \$1399.99



2011 Model - While Supply Lasts.




SAVE 20%
On Your Next Purchase

Bring in this ad and get 20% off a single item, discount taken from our regular price. Valid on bike accessories and clothing, not valid on bikes, labor, gift cards or with other offers. Expires January 31, 2012.



www.pennycycle.com
NEW STORE IN BLAINE 10611 Baltimore Street NE Suite 140 (763) 432-9430
EAGAN West of Cedar on Cliff Road (651) 862-1241 RICHFIELD 4824 Penn Avenue S. (612) 866-7548
WOODBURY 494 & Lake Road (651) 731-9438 MINNETONKA 1/2 Mile West of 169 on Cedar Lake Rd. (952) 593-5030
BLOOMINGTON France & Old Shakopee Rd. (952) 888-1427 MINNEAPOLIS Lyndale & Lake Street (612) 822-2228

**TWIN CITIES BICYCLING CLUB
MEMBERSHIP APPLICATION**



Mail this form and your check payable to "TCBC" to:
Twin Cities Bicycling Club
PO Box 131086, Roseville, MN 55113.
Please do not staple checks to the membership form.
Or Join on-line at: www.biketcbc.org

FIRST AND LAST NAME _____

MAILING ADDRESS _____ APT _____

CITY _____ STATE _____ ZIP _____

EVENING PHONE _____

E-MAIL ADDRESS _____

FIRST TIME MEMBER **RENEWAL**

I would like to volunteer.

I would like to receive my newsletter via e-mail also.

For statistical purposes: Gender (circle)
M F D.O.B. ____ / ____ / ____

\$25.00 - INDIVIDUAL MEMBERSHIP

\$35.00 - HOUSEHOLD MEMBERSHIP*
(enables two adults in household to vote)

Please list the first and last names, gender and date of birth for other bicyclists in your household

1. _____ M F D.O.B. ____ / ____ / ____

2. _____ M F D.O.B. ____ / ____ / ____

3. _____ M F D.O.B. ____ / ____ / ____

The TCBC membership year is 12 months from the date you become a member. Categories of membership are 1) individual and 2) household. For insurance purposes all members are required to sign a liability release annually. The newsletter mailing label shows membership numbers and expiration date and serves as your member card.