TCBC: Current Status of the Club

All group rides through a future date, probably 2021, will continue to be cancelled for health and safety reasons. Solo rides will continue.

ANNUAL MEETING/RECOGNITION EVENT will be held on Zoom on Saturday, November 14. No food will be offered. There will be a social event/virtual fellowship to start, possibly with different groups. The meeting will be starting at 7:00 PM followed by recognition, similar format as last year. We will recap the riding season, review financials, elect Board members, and hear plans for 2021. Then we will celebrate this year’s volunteers and biking season accomplishments in this most unusual year.

Details will be announced via the E-news by early November. Our tech experts will be figuring out effective ways to make this happen. Board candidate info is in this issue.
Thank you Solo Ride Leaders

I would like to thank all the other Solo Ride Leaders out there. It is a little different to put on a Solo Ride. You don’t want anyone getting lost because they can’t follow the group. So getting the cue sheet right in Ride With GPS is important.

Board Candidate Committee

I also want to thank the Board Candidate Committee for canvassing members to come up with new Board candidates. The committee consisted of: John Benda, Linda Johnson, and Jim Angle.

Thank You Garry Glubka

Garry Glubka has been the New Member Coordinator for a great many years. He has chosen to step down from this position. Please join us in giving him a great big Thank You for all the time and work he put into it.

(Above submissions from Mike Kubes)

There are many of you out there that deserve some recognition. So if you know of someone who has done something that you would like to recognize, please send an e-mail to Recognitions@bikeTCBC.org. Please tell us who and why you think they deserve recognition.

What a Strange Year

What a chaotic year. Whether personally, professionally, or recreationally, it’s been a year filled with plenty of character-building adversity and plenty of opportunities to learn and grow. Like every other organization, business, and individual, TCBC has also had to learn, grow, and adjust to the new, changed world we’ve been living in all summer. The board of directors and other interested parties spent a significant amount of time throughout the spring, summer, and now fall months, reviewing data, guidelines, and recommendations in order to determine whether we could reopen the group riding season or not. Hard to believe that the peak riding months have already flown by and that there’s already been snow on the ground.

Though we’re still not open to group riding, we continue to hope that it won’t be much longer before that can change. Thank you to the board and to those other interested parties for all of your thoughtful, considerate discussion, input, and other contributions as we negotiate these unprecedented times as best we can.

One of the ways TCBC has attempted to adapt to the current conditions is, of course, through the development and implementation of the solo ride program. There have been quite few members taking advantage of this program and some of racked up some fairly impressive mileage! While for many this is a poor substitute for a group ride with friends, I have personally been thankful to have this as a backup option. After a busy day at work, it’s easy to pick a route, download or print the cue sheet, and go. It couldn’t be easier. I don’t have to think about where to go, I can just go. Thanks again to the entire technology committee, and to Kate Kovar and Jim Pederson in particular, for making this option available to us. Thank you as well to the ride leaders who learned some new skills and who went through the trouble to map, post, and report these solo rides.

Another way we are needing to adapt this year is coming up on us quickly—the Annual Meeting. We will once again be combining the Awards & Recognition Banquet and Annual Business Meeting into one meeting, like we did last year. This year, the meeting will be virtual. Please see elsewhere in the newsletter, eNews, and TCBC website for more details. Attendee members will be able to vote for new and returning board members, as well as review the past year and look ahead to next year. I hope to see you online at the meeting, but if you are unable to attend, you can still vote for your board members by using the proxy voting process, which is easier than ever thanks to our awesome technology team. Even if you plan to attend, we encourage you to use the proxy voting process to ensure your vote is counted accurately and to ensure we meet the minimum quorum requirement. Hope to see you there. Please also stay tuned for the possible opportunity to attend a virtual happy hour in advance of the meeting.

I would also like to give a special thank you to our board members who are departing at the end of this fiscal year—George Blank, Bob Fix, and Kassey Kramer. These three have had a significant, positive impact on the club, each in his or her own way, including: safety committee, jersey committee, Ride Stats, technology committee, website, club secretary, as well as countless contributions to board meetings on a monthly basis. On behalf of the board, thank you. We’ve been fortunate to have you on the board, and we’ll miss your input at future board meetings.

Happy riding, Shelby
VOLUNTEER NEWS

AGAIN THIS ISSUE, WITH THE COVID-19 RESTRICTIONS, many of the events we would have been needing volunteers for have been cancelled. However, Free Bikes For Kids is looking for volunteers to clean up and fix the bikes they have collected to give out this year.

For more information on that go to HTTP://fb4kmn.org/

If you have any questions about volunteering for the club, send an email to volunteer@biketcbc.org.

Mike Kubes
Volunteer Coordinator
volunteer@biketcbc.org

Thank you to all the volunteers that make this club great.

IN BRIEF

NEXT TCBC NEWS DEADLINE will be Monday, December 7, for the Jan-Feb issue.

WEATHER REPORT: The June-August period was the 11th-warmest summer recorded in the Twin Cities. There were 15 days of 90 or above. Sept into October has been very dry. Sept. 9 had a high of only 50 degrees, a record low high for that date.

FALL ALL-CLUB RIDE would have been on Sept. 5, a fine sunny day with a high of 78. Ouch. It hurt to miss that one.

COMBINED ANNUAL MEETING/AWARDS RECOGNITION is Saturday November 14 on Zoom.

2020 MILEAGE RECOGNITION: Continuing TCBC’s recognition tradition, any member who has been on 10 TCBC rides OR ridden 500 or more miles with the club in 2020 is qualified to receive a medal. Check the RideStats System to see your totals. You just have to tell us you would like yours! To Opt-In for this year’s award, let us know by filling out a brief survey. It is listed on the Home Page for October 2. Deadline to respond is November 15th so register soon. If you have questions, please feel free to contact us at: questions@biketcbc.org. Due to the pandemic, all Mileage Awards will be mailed out, so please include your address.

NEW LAW IN WASHINGTON STATE allows bicyclists to slowly roll through a stop sign if there is no oncoming cross-traffic. It is called a safety stop. Anyone on a bike can scan intersections without stopping and proceed if it is clear, but stop if it is not. Doing this is still illegal for motorized vehicles and people using roller skates, scooters, and skateboards.

The scheduling of TCBC New Ride Leader Training will be delayed this coming year due to Covid-19.

We hope to hold classes in the early spring of 2021. They may be live or virtual, it all depends on how things go with the pandemic this winter. Stay tuned for further announcements.

Pete Hawkins, Patt Seleen, Jeff Johnson (TCBC Ride Leader Training Instructors)

SHOCKER! The Minnesota Legislature finally approved the bonding bill, which among many other things will fund some trail segments! More info in the next issue. Doug Nelson

BIKE TRAILS AND ROUTES

NORTHEAST BIKERS REJOICE: County H-2 has been repaved between Centerville Road and Bald Eagle Lake. Plus, Bald Eagle Blvd has finally been repaved around the south end of the lake over to Buffalo, which has also been fixed. And by the time you read this, the often-used stretch on Otter Lake Road between Hwy. 96 and Goose Lake Road will be fully repaved.

GATEWAY TRAIL: The new permanent restrooms are now open at Rotary Park in North St. Paul, next to the wind turbine.

RICE AND 694 INTERSECTION: This is fine for traffic and biking through. Owasso Blvd going west should be open by the time you read this.

JOHNSON PARKWAY TRAIL in St. Paul should be done soon, if not already.

COMO AVENUE from Raymond to Hamline past the Fairgrounds: this work is improving safety for biking and walking. It also completes a key segment of the St. Paul Grand Round, a 27-mile scenic parkway.

IT WAS RECENTLY NOTED IN THE STAR TRIBUNE that Duluth has more than 80 miles of mountain bike trails, but why in the city’s 450 miles of roads are there only 12 miles of paved bike trails? According to this, the business community has prevented more by claiming they have on-street parking needs. Retailers say more trails would cost them business. Duluth has no protected bike lanes, which are lanes that are separated from motor vehicle traffic by dividers.

By Doug Nelson

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Dr. Heather Flatgard, D.C.

Dr. Heather Flatgard, D.C., spoke via Zoom for a Bike U presentation on physical wellness. Dr. Flatgard has years of experience as an athlete and as a doctor of chiropractic. I’m a strong advocate of chiropractic services as I avoided back surgery on my herniated disc with chiropractic care.

During the Zoom presentation, she reviewed common chronic physical maladies and offered suggestions to help us recover from the use and abuse of our bodies. She outlined where (necks, shoulders, lower back, knees, feet) and how we manifest injuries with overuse. She has worked with athletes from professionals to weekend warriors, from babies to grandparents. From your neck to your toes, Dr. Flatgard recommended chiropractic adjustments, acupuncture, massage, and laser therapy.

I’ve tried laser therapy for my lower back pain, and the treatment feels good during application and afterwards, my back feels better. Fortunately, you are already making good life choices with frequent exercise, eating well, and not smoking. If you want to learn more about her practice and treatment options, go to eandgchiro.com.

Physical and Mental health:

Winter approaches us, and concerns regarding social isolation are increasing. For those remaining in the tundra, it’s time to generate options, such as outdoor activities that may include biking, hiking, snowshoeing, and skiing. Shall we have virtual happy hours? We could BYOB and wear one of our favorite TCBC jerseys. To continue this discussion, email: BikeU@biketcbc.org.

Stay Safe. Be Well.
Diana Cohen
BikeU@biketcbc.org

We welcome these recent new members to the club!

Patrick D Boylan
Bruce Cibuzar
Patty K Cibuzar
Lee Dollahan
Stewart Mednick
Anne P Paper
Richard Thorson
Larry A Tordsen
Natalia Tretyakova
Jim T Wallace
Michael Williams
Steve Young
Solo rides continue to provide members with the opportunity to enjoy ride leader vetted rides, which are covered by TCBC club insurance and accrue TCBC mileage credit. Since the inception of solo rides mid June we have offered 229 rides which have been ridden by over 118 members. They have racked up 88,617 club miles during this time period.

We plan to continue to offer solo rides as the seasons transition in Minnesota. Riders may find themselves heading out on solo rides after dark as our days grow shorter. Since you are riding alone, attention to visibility is even more critical. Front and rear lights are required, and it’s a good idea to wear reflective clothing, making it easier for you to be seen. Routes that use more trails and less busy roads are a better choice for riding alone at night. It’s also a good plan to let someone know when and where you will be riding and to check in with them after you complete your ride.

The next challenge for Minnesota cyclists will be the arrival of winter and colder weather, with the possibility of snow and ice on the roads. Since solo rides can be ridden anytime during the week, the ride leader will not be able to give you up to date information on the route. They may try to post updates on the Forum from their ride, or feedback from other riders on their route. Fat bikes and studded tires are the best bet for winter riding if we have one of those snowy winters this year. Be sure and dress appropriately for the weather conditions.

This season is one when it may be a good idea to try and ride with others in your household or your safe cycling pod, given the increased challenges and risks of riding after dark and in winter conditions. None of us want to give up the option of riding, even in the challenging conditions Minnesota throws at us, so use caution and stay safe out there!

A big THANKS to the solo ride leaders who have worked hard to provide members with safe and interesting rides during our pandemic period. We all look forward to the day we can return to group riding.

By Kate Kovar

A big THANKS to the solo ride leaders who have worked hard to provide members with safe and interesting rides during our pandemic period. We all look forward to the day we can return to group riding.
Greetings! My name is Tammy McLemore. I have been nominated to serve on the TCBC board of directors. My passion for biking started in 2011 based on a diabetes diagnosis and my first American Diabetes Association Tour de Cure ride. This ride was seven miles long. The passion I felt during this ride and my first century was the same. This passion was a representation of me using biking as a means to manage my health and to discover a whole new world via my bike.

My passion of biking for health and wellness has led to me becoming a passionate local bike advocate in the following capacities- Hennepin County (District 1) Bicycle Advisory Committee representative, Major Taylor Bicycling Club of MN board of directors, Black Girls Do Bike: Minneapolis leadership representative and a League Cycling Instructor (League of American Bicyclists).

My most memorable bike advocacy experience was in 2019 when I led a bike program that taught BIPOC (black, indigenous people of color) how to ride bikes (for the first time) as adults; and to discover/use biking infrastructure within our communities. I have been a TCBC member for eight years and a ride leader for a few years. I enjoy community engagement rides; road bikes, winter fat biking and single track/mountain biking.

I am interested in helping TCBC become more diverse by reaching riders from different backgrounds, skill levels, and to encourage riders to safely explore/use the amazing bike infrastructure in the Twin Cities.

When I am not biking; I enjoy my role as a Human Resources professional and a very proud pet mom. I enjoy spending time with my dog Diamond.

I have been a TCBC Bicycle Member for about 30 years. I met my Husband Tony “the Gasman” Abelson when we were active with a Three Rivers Park Bicycle Organization. We signed up for TCBC when we did our first Ironman Bicycle Ride. We started doing Bicycle Touring in the early 90’s and this is the first summer that we have not done a week-long bicycle trip since then. I am all about relationships. I love meeting new people; I love the friends I have met being part of the TCBC and I look forward to the friends I have yet to meet. As a person who has grown older as a long-time member (with the emphasis on older) I am grateful that the TCBC offers different levels to meet the needs and levels of all riders. I would be honored to be a Board Member and help carry on this mission. A Bicycle Club for all levels, for all people. A place to create great relationships and a club to nurture the great relationships we have. Tony and I both have been Ride Leaders and often tag team rides so he can lead the A/B crowd and I can lead the B/C crowd. While the Gasman is retired, I continue to work and have been a financial paraplanner for a small financial planning firm for the last 35 years. I love to bike, I LOVE to Nordic Ski, and Tony has been teaching me to Fish. I ride Tandem, Single, Gravel and Mountain Bikes. I am currently the President of the Twin Cities Tandem Club (term up in May 2021) and I am on the Advisory Board of a Non-Profit near and dear to my heart – Art Buddies. And finally, a lot of members know me as Bean, but I also answer to Jean:

I am honored to be considered for a board member position of TCBC. I worked in the banking industry for 30 years, with the last 15 years as Controller for Anchor Bank. The bank was sold and my job was eliminated in 2018, so I decided to spend more time biking and joined TCBC later that year. I live in Mendota Heights with my husband Bob, who is also a member of TCBC. We also spend some time in California during the winter where we are members of the Desert Bicycling Club in Palm Desert. I am fortunate to come from a cycling family, all my siblings and their spouses like to cycle and we have gone on many cycling vacations together. I learned about TCBC through my brother and sister, who were members of the MN American Youth Hostel (AYH) back in the 80’s and who are also members of TCBC.

One of the things that I really like about TCBC is the variety and volume of rides published and the fact there are descriptions available so people can determine what rides are best for them. There is always something for everyone, and I’ve sampled rides between A/B to C levels. I also always look forward to the newsletter and really appreciate the efforts of those who contribute to putting it together; it is a top notch publication. And one of the best things about the club is meeting others who share the joy of riding a bicycle. I have recommended joining TCBC to all my cycling friends.

Some of you may know me as “Picture Pat” (or have heard me say “smile” or “shoot” to activate my phone camera). When we can get back to group riding, I plan to continue to take and post pictures to the TCBC forum. I look forward to getting more involved with the club and continuing to promote the club wherever possible.

I have a love of cycling that extends back 25 years and I currently pursue road, mountain, gravel, and fat biking. That love of cycling motivated me to join TCBC some 17 years ago. Since then I have become an active member of the club participating in numerous club rides throughout the years. I’ve met and continue to meet many great people in the club and have formed many great friendships as a result. I find the social aspects of the club to be as much fun as the group riding. In addition, riding with the club has made me a stronger, safer, and more skilled rider.

I am a native Minnesotan and I am enjoying retirement after a rewarding 27 year career with a large Minnesota company. I enjoy adventure travel and try to do a couple of weeklong bike tours every year in different parts of the country. I have made numerous trips to Colorado for road and mountain biking, and one of my other passions, 14er mountain hiking. In the winter months, my interest turns to Nordic skiing, mostly the skate style but I also enjoy the classic style as well. I also try to find time for some winter fat biking. Leading an active outdoors lifestyle year around has always been a high priority for me. I also have been a long time member of the North Star Ski Touring Club and served on their board as safety director a number of years back.

It’s been an honor and a pleasure to serve on the board the past 2 years. I would love to have the opportunity to serve another term.

We have four vacancies and four candidates to fill them (including one incumbent running again). Leaving the Board are Kasey Kramer, George Blank, and Bob Fix. We greatly appreciate their years of service.
Door County Wisconsin Ride

“TCBC (ride) to (the) Door County Century, Year Two.”

We were lucky to bike along the Mississippi River and then north across Wisconsin to Egg Harbor. We enjoyed beautiful weather and spectacular scenery for the next six days. (Okay, it rained some on Day 5.) Two vans escorted the bikers, as we took turns at the wheel. Days were filled with conversation, laughter, hill climbing, wheel sucking, and plenty of biking. Evenings included replenishing our bodies with food and restoring our souls soaking in the hot tub.

We celebrated Marian Schweich’s (Biker Mama) birthday with cake and ice cream, delivered by her husband Leroy. In glorious trip tradition, we all crammed into the very ice house used in the filming of “Grumpy Old Men” for a picture. On Day 6 we entered Door County from several routes. Wisconsin’s back roads have either two or three names for the same road, or no name at all, making it difficult to navigate.

The same day, Jay Guthrie earned his wings when he flew through the air upon impact with the world’s dumbest dog. Unlike the Texas puppy-mashers, the dog won, and Jay must now avoid sneezing, laughing, and breathing deeply. He broke two ribs. Yes, his new name is “Crash.” Tony Stifter (Doc Tonic) showed us his mangled helmet, which served as a solemn reminder of why helmets are essential to our safety. However, this infamous day also provided errant souls the opportunity to dine on world-famous cuisine — hash brown sandwiches which contained enough fat grams for the entire biking season.

Another enchanting stop was at a local pub, the Little Brown Jug, where I waited with Bob Dean (Dino) and Jim Walker (Partner) for misplaced bikers. We met Mo, a woman with an encyclopedic knowledge of football and baseball. Finally we all showed up in Door County in time for dinner. On Sunday, Sept. 7, most of the club members actually rode the century, although they received no mileage credit. Laurie Dinneen (“A” Biker) tried out her new heart monitor for the 103-mile ride.

You might hear odd reference to this trip because of the momentous events experienced during the week. You may hear such exclamations as “Bring me a shrubbery” from Mike Beadles (Shrubbery) and Dianne Bell (Babe) or possibly a reference to hot tubs by (they know who) or the correct method for shaving legs (and they know who, too). You might ask, “What nickname did you earn on this trip?” I’m sure after a first blush, we will tell you the name and even how we earned it. On second thought, we might just keep it a secret. We wear our Door County shirts with pride and fond memories.

Last, but most important, THANK YOU from all of us to Bob Dean and Mike Leibfried (Flash) for the hours of preparation, followed by lots of hard work, direction, and caring during the trip. It was an incredible task but it was an even more incredible adventure. And finally, my deepest thanks to my fellow travelers for their friendships and one mighty fine time.

By Diana Cohen
(you’ll have to personally inquire about my new nickname!)

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ERIK’S

TCBC IN-STORE DISCOUNT

LARGEST BIKE SELECTION IN THE MIDWEST

PROUD SPONSOR OF TCBC
Recently, I had my most spectacular flat ever. It sounded like a rock skip and took a block or so to realize the tire deflation. Thankfully, the tire and rim survived and the incident is not the finale or a symbolic recap of this riding season.

This year began with hopes to be more active on and off the bike. I had returned to the gym and biked through the winter months. It became easier to lift the bike on and off the rafters and get up hills riding with fenders, studded tires, multiple layers of clothing, and heavy boots. I felt pretty good on a few early season TCBC rides. However, a few days after the last ride, I became sick, initially thinking that I overexerted myself. The following week brought the Covid-19 shutdown and it was awhile later before I recovered. As more information became available, I realized many of my symptoms were similar to what was being reported about the virus. My illness along with friends losing family members reinforced my commitment to the public health guidelines which I continue to follow. One of my big surprises this year was being absent of my daily pre-covid routines allowed me to get out on the bike more.

I have been doing more solo riding the past few years so this wasn’t as much of a change as it may have been for fellow club members. My rides have become shorter, slower, and more urban focused. I stop when something intrigues me, and my wider tires allow me to go places that previously seemed undoable. I took advantage of this year’s parkway closings and found riding along the river to be a convenient way to experience nature without having to drive somewhere. Some of the other trails that have been my local getaways include Rice Creek, Shingle Creek, and Rush Creek regional trails, as well as the Great River Road. Watersheds, architecture, and neighborhoods have been favorite explorations while moving among people keeping a wide social distance.

In late April, I finally broke down and purchased a Garmin. Due to prior bike computer conflicts with lights and battery loss during the winter, I had become less dependent upon it. However, I thought the Garmin would be helpful if group riding started up to lessen my urgency to keep up and not get lost. It has been a frustrating learning experience which ultimately resulted in a replacement for a defective device. It has served as a good traveling companion gathering statistics and mapping my extemporaneous, flip-the-coin rides. At the end of September, I have logged 106 rides, all but one starting from my home, and five socially distanced rides with one other companion. I begin October having recorded 2,700 miles which puts me near to reaching my 3,000 mile TCBC average the past several years. I have even lost a few pounds, which may be more about the lack of post ride socializing than my riding efforts.

I have missed my TCBC biking buddies and have enjoyed bumping into a few of you while riding. A July “Bike U” zoom session brought me close to tears seeing faces that I haven’t seen for sometime. I am appreciative of TCBC’s leadership in addressing the pandemic, website improvements, and Solo Ride program. I learned that for now I will continue to carry a backup cue sheet to my Garmin device hoping that my confidence in my navigation abilities will improve. I have accomplished things this year that likely would not have happened without the pandemic’s public health guidelines. I have ridden roads and trails not experienced on TCBC rides. Perhaps that will lead me to offering some new TCBC adventure rides that are more about experiences than speed and miles. Hopefully we will see a relaxation in guidelines next year and a chance to catch up, share our experiences, and go ride together.

By Dan Miller
River Exploration

I took advantage of a fine afternoon in October to check out both sides of the Minnesota River between Bloomington and Burnsville. I had read that a new section of the Minnesota Valley State Trail may have been paved by the DNR.

It was! (Their website had not been updated.) It runs 1.7 miles from the Lyndale Landing on the River next to the 35W bridge — as far south as you can drive on Lyndale. There is some parking. I did the trail, which nicely runs through quiet woods along the river going east, until the pavement abruptly ends and it becomes a narrow sandy trail — for hiking or fat tires only. The next couple of miles will be paved when funded to connect to the Old Cedar Avenue Bridge Trail.

So I did what was basically a ten-mile loop, mostly on paved trails. From Lyndale Landing I took the bike path along the 35W bridge over the Minnesota, which is well paved. On the south side, the Minnesota River Greenway Trail leads east along the river. It’s been open for a few years. It connects with the trail along the Hwy. 77 bridge at Caspersen Landing, so you cross the Minnesota again and soon take the Old Cedar Avenue Bridge crossing to another parking lot — full on this fine day.

It’s a good climb north along a trail to Old Shakopee Road, which you would need to ride to the southwest. You can get off that, work your way down to 102nd St, and take that westbound to Lyndale, and ride Lyndale down a long gradual hill back to your vehicle. A trip worth taking someday.

By Doug Nelson

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Winona Rotary
Ride The Ridges
Saturday September 18, 2021

Moving past Corona Virus in 2021

Check out RideTheRidges.bike, Facebook and Instagram for updates!
THROUGH 2019, I had ridden the Jesse James 19 times, including 16 consecutive rides starting in 2004. Usually, my brother comes up from Rock Island for the ride, although of late he has been riding a different and shorter route than the one I do. This year he lost a lot of weight and rode a lot of bike, but for family reasons he was unable to come. In spite of that, whether or not I would ride the Jesse James was never a question. Riding in 2020 would make my total Jesse James rides an even 20, and would be my 17th consecutive time riding the ride. The date of the 2020 ride was listed as being September 5th. On that morning I arose at 5:00 AM so I could get ready and hit the highway before 6:00. That old Jesse James Ride feeling came around again as I turned off I-35 to head east on Minnesota 19 going into Northfield. I got to the ride start on time, and was on my way by 7:00 AM.

I must have been riding well, as no one passed me up. Neither did I pass anyone. About 5 or 6 miles out I was challenged by a fellow with whom I rode neck and neck for a mile or two until he suddenly fell down unto his side. Surprisingly, even then, we continued on neck and neck. It wasn’t the same though. I had preferred racing my shadow when it rode upright along the tall corn. I enjoyed the challenge, and frankly, the company. When the cornfields ended, and my shadow fell down onto the beans, the contest just wasn’t fun anymore. The futility of racing my own shadow became more apparent to me, and I stopped paying attention to it.

My favorite part of the ride was Valley Grove Road. It goes by the picturesque country church where I was baptized and passes through the farm country where my family lived when I was born. Although I have no recollection of having lived there as an infant, I always experience an intuitive feeling of “home” when I ride those rolling hills, like a salmon returning to the stream from whence it came.

The prior 19 times I had ridden The Jesse James, the weather had been, at worst, quite good. This year it was absolutely perfect! As I dropped down into Northfield, I was so enthralled by the splendors of the day, I did not even care about there having been no rest stops, no Subway sandwich at the end of the ride, and no other riders.

Even though the powers that be in Northfield did not seem to have done anything about having the ride, I was thankful they had not cancelled it. My ride counts! My 20th Jesse James, completed in 2020. I was concerned there would be no T-shirt, but not to worry. There’s a shirt alright. It says “I Was Robbed” - apparently for the benefit of those who didn’t get to ride. You could say I also got robbed, there having been no rest stops and no Subway sandwich, but I don’t feel that way. I ordered the shirt anyway. Twenty shirts for twenty rides.

You will be pleased to know, for the first time in many years, The Jesse James Gang did not come to Northfield and shoot the bank teller. I know. I was having an early lunch across the street from the bank at the time the gang usually comes to rob it, and all was quiet. The street was not blocked off, there were no bleachers, there was no crowd, and the robbers were nowhere to be seen.

Bob Brown

SOLO RIDE STATS

Solo Ride Stats for June through September 2020

by Kate Kovar

STARTING ON JUNE 14TH, TCBC began a solo ride program to provide members with a RWGPS link, map, and cue sheet for pre-ridden routes that offered club insurance and TCBC mileage credit. Through September we have offered a total of 229 scheduled rides, which have been ridden by over 118 different members. This has resulted in 2,461 registered riders completing a total of 88,617 miles ridden. As of October 1st, we have trained a total of 20 TCBC ride leaders to lead solo rides. Here is a breakdown of riders/rides per month.

JUNE
Average number of rides offered/week = 9
Average riders/ride = 17
Unique riders = 92
Total miles ridden = 13,312

AUGUST
Average number of rides offered/week = 16
Average number of riders/rides = 10
Unique riders = 85
Total miles ridden = 27,396

SEPTEMBER
Average number of rides offered/week = 18
Average number of riders/rides = 8
Unique riders = 75
Total miles ridden = 24,109

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TCBC MEMBERS SAVE 15% EXCLUDES INSTALLATIONS & HITCHES
Our bizarre year is reaching a conclusion as this is written. Again, some high mileage people have been doing some solo rides, and some have done few or none. Here are the stats from Nov. 1 of last year through early October.

**MEN**

Paul Loughman ................. 4600
Johnny Pugh .................. 4042
Pete May ...................... 3227
Mike Nizielski .............. 3161
Chuck Ryan ................. 3081
Jim Angle ..................... 2837
Doug Bickel .............. 2806
Kent Furois ............... 2634
Charlie Caswell .......... 2568
Chuck Nelson ........... 2444
Stephan Hodges ........ 2418
Tom Brix .................... 2274
Jim Pederson ............. 1991
Randall Huskamp ........... 1905
Edward Eroe ................... 1823
Scott Larson ............ 1723
Rob Mosimann ............. 1633
Mark Gregory ........ 1519
Jeff Johnson ............. 1505
Tony Le .................... 1381

**WOMEN**

Linda Johnson ............ 4249
Jackie Battis ............. 3330
Susan Evan ............. 3311
Katie Angle ............ 2845
Jessica Hagg ............. 2697
Karen May .............. 2434
Kate Kovar .............. 1946
Sue Blum ............ 1811
Judy Emerson ........... 1644
Mary Derks ............ 1613
Liesa Miller ............... 1267
Bonnie Shoebottom ....... 1218
Nancy Quimby ........... 992
Alex Johnson ............ 905
Patt Seleen ............. 836
Ann Harris .............. 700
Mary Nelsen ............. 690
Sam Carroll ............. 568
Catherine Fox ........... 548
Kade Quarles ............ 501

**2020 MILEAGES AND STATS**

<table>
<thead>
<tr>
<th>Month</th>
<th>City</th>
<th>Mileage</th>
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<tbody>
<tr>
<td>June</td>
<td>Stillwater</td>
<td>2444</td>
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<tr>
<td>June</td>
<td>Hugo</td>
<td>1946</td>
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<tr>
<td>June</td>
<td>Mahtomedi</td>
<td>27</td>
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<tr>
<td>July</td>
<td>Evan</td>
<td>100</td>
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<tr>
<td>July</td>
<td>Hagg</td>
<td>27</td>
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<tr>
<td>July</td>
<td>Battis</td>
<td>31</td>
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<tr>
<td>July</td>
<td>Lebedev</td>
<td>27</td>
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<tr>
<td>July</td>
<td>Pete May</td>
<td>23</td>
</tr>
<tr>
<td>July</td>
<td>Glen Olson</td>
<td>23</td>
</tr>
<tr>
<td>July</td>
<td>Mike Kubes</td>
<td>21</td>
</tr>
</tbody>
</table>

**LEADING THE MOST RIDES:**

- **Chuck Ryan** (69)
- **Johnny Pugh** (44)
- **Randall Huskamp** (40)
- **Mary Derks** (31)
- **Andrei Lebedev** (27)
- **Pete May** (23)
- **Glen Olson** (23)
- **Mike Kubes** (21)

**LARGEST SOLO RIDES REPORTED THIS YEAR**

- **July 1** Scandia 27
- **July 8** Mahtomedi 27
- **June 21** Stillwater 26
- **June 21** Hugo 25
- **June 14** Sunday Spin 25
- **June 14** Stillwater 24

**SINCE THE LAST ISSUE:**

- Loughman has jumped into first, Pugh up into second, and May way up into third. For the women, Johnson has doubled her lead, as Battis moves up to second and Evan stays close in third.

**YEARS OVER 1000 TCBC MILES:**

- Jeff Johnson now has 31 to tie Bob Hoffman for fourth place all-time, and Sue Blum has 29 to continue to lead all women.

**YEARS OVER 2000 TCBC MILES:**

- Susan Evan hits 22 to tie for third all-time, and Mike Nizielski reaches 21.

**YEARS OVER 3000 TCBC MILES:**

- Mike Nizielski notches 21 to continue in first place, and Susan Evan makes 17 to tie for third all-time.

**REPORTED ACCIDENTS AND SOME ADDITIONAL COMMENTS**

**AUGUST 16, 1:30 PM:**

Rider was on a bike trail in Fish Lake Park and coming down a steep hill, and as he came around a corner there was a pedestrian on his left. Rider swerved to avoid the pedestrian and went off the trail. Rider attempted to ride back onto the trail but he hit the different height between the trail and the shoulder and fell. Rider sustained a broken right clavicle, six broken ribs and road rash, and bruising on his right side. Rider was taken to a local hospital for medical treatment.

**COMMENTS:**

Rider was on a Solo Ride. The Accident Report did not indicate if another rider or riders was on the ride so I am assuming that rider was alone. The rider indicated he was taken to the hospital by Park Police and an ambulance. There is no indication how the rider contacted this help. In situations like this, it is probably a good idea not to ride alone but ride with one or two other friends or Club members who can offer assistance if there is an accident. If you are riding alone, you must have a cell phone to call for help if needed. If you are riding alone, it is a good idea to use well traveled trails or roads where help can easily be found.

**REMEMBER:**

**RIDE SMART, RIDE SAFE**

Paul Frenz
TCBC Safety Committee
TWIN CITIES BICYCLING CLUB
P.O. BOX 131086
ROSEVILLE, MN 55113

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 ____________________________________________________________

I consent to receiving notice of annual and special meetings of TCBC members at the above email address.
____ I do not provide this consent.

____ 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.  /  /  /

____ $30.00 - INDIVIDUAL MEMBERSHIP

____ $45.00 - 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.