

## Highlights

- [Enjoy Realife Ride](#)
- [Root Beer Ride](#)
- [Loons Rally](#)

## Inside

- ♦ [MTR 2018](#)
- ♦ [2018 Ride Schedule](#)
- ♦ [Note from the editors](#)

# Twin Cities Tandem Club



July 2018

[www.twincitytandembike.com](http://www.twincitytandembike.com)

## It's Never Too Late to Add a TCTC Ride to the Schedule

Because several of the rides that have been on the schedule in past were not included this year, our TCTC ride schedule this summer has been fairly light.

If you are interested in adding a ride to the schedule, it can be added pretty much at any time! Ride details should be e-mailed to [schedule@twincitytandembike.com](mailto:schedule@twincitytandembike.com). This is the quickest most efficient way to get the ride details on the website. It also gets notification to the newsletter editors so we can either get it added to the next newsletter or send out a club email if needed.

## Enjoy Realife Ride Saturday, July 21<sup>st</sup>

Hosts: Linda Sandell and Stan Van Valkenburg

This ride starts at the Realife Cooperative in Mounds View, MN. We are looking forward to a nice summer afternoon bike ride.

Our route this year changes some due to trails closed on the east side of the river.

We will head south towards the Mississippi river on the east side, crossing the river on the trail that goes west over I694. We will head north and turn west on 85th Avenue and take a bridge that crosses Hwy 252. Heading west on a trail to Noble Parkway where we will cross Hwy 610. We will then join up with the Rush Creek Regional trail that will take us to the Coon Rapids Dam. We will be following the MRT (Mississippi Regional Trail) from the Dam back to Realife. This is a leisurely, scenic stay together ride. All the trails are paved.

Realife Cooperative  
7735 Silver Lake Road  
Mounds View, MN 55112

4:00 PM Ride Start (arrive any time after 3:30 pm)

Ring the bell for the Silverview Room in the front entrance.

Approximate ride length will be 25 mi.

After the ride we will enjoy a Potluck in the Realife Silverview party room. A full kitchen is available. We will provide beverages plus wine, beer & coffee.

Guest parking is available in the front lot. If the lot is full, street parking is available on the north side of the building across from the Holiday Gas station. There is also a back lot if needed.

Questions or RSVP appreciated. Call or email.

Linda Sandell

- [llensandell@aol.com](mailto:llensandell@aol.com)
- 763-226-5687

Stan Van Valkenburg

- [stantonv@msn.com](mailto:stantonv@msn.com)
- 612-221-1269

## Root Beer Ride Saturday, August 25<sup>th</sup>

Hosts: Helmut and Joan Porcher

On Saturday, August 25<sup>th</sup>, Joan and Helmut Porcher will host a ride in the Lake Elmo, Grant Township and Stillwater areas using the Gateway and Brown's Creek State Trails and some county roads. Estimated distance is about 33 miles with shorter and longer options. Briefing at 8:30 am and ride starts at 8:45 am from their home at 4990 Jasper Ave N, Lake Elmo, MN. Refreshments (the ride's name sake) will be available at a yet to be chosen location on the route.

Contact Joan and Helmut Porcher by Friday (8/24) evening at 651-779-8248 or e-mail hporcher@comcast.net. If you e-mail or leave us a voice mail message, please give us your phone number so we can contact you if the ride needs to be cancelled. For more information about the Gateway Trail go to: [http://www.dnr.state.mn.us/state\\_trails/gateway/index.html](http://www.dnr.state.mn.us/state_trails/gateway/index.html)

Rain date: Sunday, August 26<sup>th</sup>, same time and location.

## Loons Rally 2018 September 7<sup>th</sup> - 9<sup>th</sup>

A Loons Rally will be held in Walker Minnesota on Friday September 7 – Sunday, September 9, 2018.

It's not too late to sign up for the rally, but lodging might be in short supply! As of July 15<sup>th</sup>, there were still a couple rooms available at both the Walker Hotel (<http://walkerhotel.us/>) and the Country Inn (<https://www.walkercountryinn.com/>) but those might be gone soon! If you interested in attending the rally and have not made reservations yet, that should be done soon...

For camping options, here is a link to the campgrounds in the area provided by the chamber of commerce: <http://business.leechlake.com/list/category/campgrounds-93>

If you are interested in attending the rally but have not e-mailed yet, please email [rally@twincitiestandembike.com](mailto:rally@twincitiestandembike.com) as soon as possible. Let us know if you are just thinking about it or are firmly planning to attend.

### Tentative Schedule:

**Friday September 7, late afternoon ride:** Traditionally, the Loons Rally has had an afternoon ride on Friday.

**This ride will begin at the Walker Hotel at 3:00 PM.** The ride will go out and back on the Heartland Trail to Akeley about 12 miles away (24 round trip). The route is very flat, and most of the route goes through the woods. A very nice ride!

Option B: We have a second idea for the Friday night ride. If we choose to do Option B, it will also leave from the Walker Hotel at 3:00 PM.

**Friday Night Supper:** Benson's Eating and Drinking Emporium about four blocks from the hotel: <http://bensonsemporium.com/>. It's a fun place

with a great reasonably priced menu, and a glass table built above a large canoe.

**Saturday September 8 ride:** The base course is 38 remarkably easy round-trip miles from Akeley to Park Rapids and back. It's flat! It's mostly in the woods! Every time we do this route we can't figure out how it can be just as easy to go one way as the other, even with a wind.

The route can be shorted to twenty-five miles by starting at Nevis. Shorted to fifteen miles by starting at Dorset. Elongated to fifty-six miles by starting at Walker. Akeley, Dorset, and Nevis are all interesting (well-spaced on the trail) small towns. Weather permitting, this is going to be a great ride!

We discovered that Park Rapids is a really nice destination with lots of interesting shops, and a great restaurant that is well suited to our needs.

**Saturday Night Banquet:** We are uncertain of the location for the banquet at this time. It's a matter of choosing between three different places. We will have a banquet, complete with the grand prize drawing. No advance money necessary. It will be off the menu ordering (we think).

**Sunday September 9 ride:** We check out of the hotel and move by car toward the Twin Cities, stopping at Nisswa. The route for the day is an out and back scenic twelve-mile route between Nisswa and Pequot Lakes. Nisswa is a very nice little tourist town with two distinctive features. It has a pizza restaurant that is consistently rated as having the best Pizza in Minnesota. Another place of business is consistently rated as having the best ice cream in Minnesota. And guess what! They are the same great pizza and ice cream shops we have enjoyed every year when the Loons Rally has been held in Cross Lake! **So, if you want Nisswa to be a fresh experience for you on Sunday, don't stop there on your way up to Walker.**

The ride to Pequot Lakes and back is flat, and more out in the open. Pequot Lakes has a landmark feature that the riders won't want to miss.

Questions? Email [rally@twincitiestandembike.com](mailto:rally@twincitiestandembike.com)

John and Helen Mattsen



## Midwest Tandem Rally 2018 August 31<sup>st</sup> – September 3<sup>rd</sup>

**M**TR 2018 will be hosted by the MUTS in the fabulous city of Grand Rapids, Michigan! This is the 43rd MTR and the 6th time the MUTS will be hosting this spectacular event. We hope you will join us for fantastic rides, fellowship and fun with fellow tandem enthusiasts, however if single cycling is your thing consider yourself invited also.

We look forward to you joining us for GREAT riding, fellowship, and FUN!!! All routes take riders through West Michigan's finest city, township, and county parks.

Details and registration are on our website <http://www.mtr2018.org> or email [info@mtr2018.org](mailto:info@mtr2018.org)

Your hosts - The Michigan United Tandem Society  
<https://www.muts.club/>

### Your Newsletter Via E-mail?

If you would prefer to get your newsletter via e-mail, all you need to do is let us know! You can e-mail us at [newsletter@twincitiestandembike.com](mailto:newsletter@twincitiestandembike.com) or include that information on your renewal form & let us know what address you would like it sent to. (And we can send the newsletter to multiple addresses!) We send the newsletter out in .PDF format. It saves the club money and it saves resources! If you have any questions, please let us know!

### TCTC Member News

**F**or those of you who know Tom and Fran Ostertag, we are sad to report that they have retired from the club. Fran is experiencing some serious medical issues and they do not expect to be able to ride any more. Those of you are who interested in checking up on Fran can do so on CaringBridge at [www.caringbridge.org/visit/franostertag](http://www.caringbridge.org/visit/franostertag)

Tom's note to us said:  
"So, we have enjoyed our time as members starting in 1987 when we purchased our first tandem from Keene McCammon. I'd say that 31 years of riding (about 65,000 miles) is not enough but it will have to do!

Happy Trails! Blessings!"



## 2018 TCTC Rides

Want to add a ride to the calendar? Send an e-mail to: [schedule@twincitiestandembike.com](mailto:schedule@twincitiestandembike.com)

*Saturday July 21<sup>st</sup>*  
**Enjoy Realife Ride, Mounds View**  
Hosts: Linda Sandell & Stan Van Valkenburg

*Saturday August 25<sup>th</sup>*  
**Root Beer Float Ride**  
Hosts: Helmut and Joan Porcher

*Friday September 7<sup>th</sup> – 9<sup>th</sup>*  
**Loons Rally**

**\*DATE CHANGE!\***

*Sunday September 16<sup>th</sup>*  
**Stillwater to Scandia Scamper**  
Hosts: Matt Tillotson and Deb Liang

*Sunday September 30<sup>th</sup>*  
**Chili Ride, Woodbury, MN**  
Hosts: Rachel & Chris Gilchrist, Lynn Pagliarini & Ralph Hapness

### Notes from the Editors

Send articles, comments and ideas to:  
**Deb Liang & Matt Tillotson, (651) 642-1617**  
1236 Hague Ave., St. Paul, MN 55104, E-mail:  
[newsletter@twincitiestandembike.com](mailto:newsletter@twincitiestandembike.com). Submit ride information to [schedule@twincitiestandembike.com](mailto:schedule@twincitiestandembike.com)

Ride updates and additions will be posted to the website as soon as possible.

Happy riding everyone! Stay cool and hydrated!



<b>Please join the Twin Cities Tandem Club (TCTC)</b> As a member, you are entitled to receive further issues of the Twin Cities Club Newsletter, as well as to participate in TCTC functions, events, rides, and to enjoy the privilege of wearing a TCTC Jersey. You are also covered during club activities by our LAB Medical and Liability insurance. Dues are \$20.00 per household team. <b>Make checks payable to:</b> Twin Cities Tandem Club			<b>Mail this form to:</b> Deb Liang & Matt Tillotson 1236 Hague Avenue St. Paul, MN 55104		
Name(s)	Last	First	Phone	<input type="checkbox"/> Home	<input type="checkbox"/> Mobile
	Last	First	Phone	<input type="checkbox"/> Home	<input type="checkbox"/> Mobile
Address		City	State	Zip	
Email Address(s):					
Waiver: In signing this release and waiver for myself and or a named applicant under the age of 18, I understand that the Twin Cities Tandem Club, its officers and members, are not insurers of my personal safety. I understand that bicycling is potentially a dangerous activity and I might be severely injured or killed while riding a bicycle. I hereby accept the risk of serious bodily harm or death. For myself and/or said minor, my (and my minor's) heirs, executors, and assignees, I hereby waive, release, forever discharge and agree to hold harmless the Twin Cities Tandem Club, its officers and members and any organizers, sponsors and their representatives of any organizational events, singly and collectively, from any and all claims, liability, injury, damages, loss or harm from my (or my minor's) having sustained personal injuries or personal or economic damage by reason of their actions or inactions in further in organizational activities and during participation in organizational events or during travel to, and return from, such events. I waive any and all specific notice of the existence of the risks and hazards. I inspect my bicycle and keep it in reasonably good and safe conditions for the rides. I have an adequate and reasonable knowledge of what is prudent and safe bicycle riding and shall ride in that manner for my own protection and the protection of others. I am aware of and have knowledge of the applicable Bicycle Rules of the Road. I will wear a helmet during all club-sponsored rides. The above agreements and representations are my express understanding of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be Waived in any respect.					
Applicant's Signature:			Applicant's Signature:		
Printed Name:			Printed Name		
(Must be signed by both applicants)					
The undersigned parent or guardian hereby consents to the applicant's participation and waives and releases all rights and claims for damages as is more fully set forth above. Parent or guardian please sign below if applicant is under 18.					
Signature Parent/Guardian:					

July 2018

**Twin Cities Tandem Club Newsletter**  
**Deb Liang & Matt Tillotson, Editors**  
**1236 Hague Avenue**  
**Saint Paul, Minnesota 55104**