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# Twin Cities Tandem Club



June/July 2017

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

## Ride to Rita's Sunday, June 11<sup>th</sup>

Hosts: Bill & Winnie Polta

Okay, this began as a "ride for coffee", but there is a Dunn Brothers in the same small strip mall as Rita's Frozen Custard. The smarter one of us – stokers realize who this would be - decided that frozen custard is more appropriate for a tandem bicycle ride. We'll leave from Historic Fort Snelling, cross the Mendota Bridge, & ride through parts of Mendota Heights and Eagan. After frozen custard or coffee, we'll return by a different route.

This will be a mapless, stay-together ride on a route that includes a few significant hills. These are not epic or major climbs, and we won't be racing up or down them, but some riding experience, low gears, and functioning brakes will be needed. Portions of the ride will be on wide, smooth asphalt trails alongside busy roads that are not at all suitable for bicyclists. The big downside of these trails is that there will be driveways and intersections that definitely require braking prior to beginning a steep ascent. Mild cursing will be tolerated at these locations! Your hosts will enjoy a "Gelati", a frozen custard layered with "Italian Ice", to refresh body and soul for the return to the ride start. We hope you will join us on what we hope to be a sunny, warm, windless, and low-humidity day.

Meet by 9:00 am - Ride Start Time: 9:15 am

Total mileage: approx. 30 miles

### Update 6/7:

Unfortunately, Rita's won't be open. Instead, we'll enjoy iced coffee drinks, fruit smoothies, or bottled juices at Dunn Brothers. They have pastries and other items as well and nice seating indoors and out.

**Meet location:** The large parking lot at Historic Fort Snelling Visitor Center (NOT down in the valley at the

State Park). Unfortunately, the Visitor Center restrooms are closed until Noon.

<http://www.historicfortsnelling.org/plan-visit/directions>

Contact us at [bill.bicycle42@comcast.net](mailto:bill.bicycle42@comcast.net) or 651-398-4450 (cell).

## Stillwater to Scandia Scamper Sunday, July 9<sup>th</sup>

Hosts Matt Tillotson & Deb Liang

Come join us for a beautiful ride through the St. Croix Valley! We will start our ride in Stillwater at the corner of 4th Street & Churchill Street near "The Chilkoot Café" (826 4th Street South) – Matt and I will be coming for breakfast at ~ 8:30am if you want to joins us. Or just coffee & espresso are available if so desired! <http://www.chilkootcc.com/>

Be ready to ride by 10am. We will have three ride lengths for you to choose from – 39 miles, 27 miles and 17 miles. The long route will go through Marine on St. Croix and Scandia. We will have both maps and cue sheets.

All routes will utilize the same route out of town and back into town but the medium and short route have cut offs for smaller loops and will not go all the way to Scandia. The medium route has the most mileage on roads without a shoulder. Matt & I have not been on the bike much this year, so we will probably ride the short or the medium route.

Upon arriving back in Stillwater, ice cream is available at Nelson's or lunch is available Chilkoot Café – or both!

RSVP to [debliang@bikerider.com](mailto:debliang@bikerider.com) by Friday, July 7th so we know who to expect and can contact folks if the ride needs to be cancelled! (This a fair weather ride.)

## Enjoy Realife Ride Saturday, July 22<sup>nd</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. We will follow the Mississippi river south on the east side, crossing at the Camden bridge and returning north on the west side of the river. We will be following the MRT (Mississippi Regional Trail). This is a leisurely, scenic ride and we will stop at various sites to enjoy the river.

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 28 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



## Loons Rally 2017 Cancelled for this Year!

We have come to the sad conclusion that we have to cancel the Loons Rally this year.

Due to lodging issues, we were not able to return to the Cross Lake area this year. Unfortunately we ran into similar issues in the Mankato area! And after two attempts to look at other locales, we find ourselves completely out of options for 2017.

But it is not too late to start planning for 2018! If you are interested in helping put together a Loons Rally for 2018 please e-mail [debliang@bikerider.com](mailto:debliang@bikerider.com) and she will make sure that information gets passed on to the appropriate people!

## Midwest Tandem Rally 2017 September 1<sup>st</sup> – September 4<sup>th</sup>

GREATER OHIO AREA TANDEM SOCIETY (GOATS), welcomes you back to Ohio. In 2013 we were in southwest OH and now we would like to introduce you to central Ohio. Our host city is Dublin, a suburb of Columbus. Dublin is a bike friendly town with many trails available for leisure riding and checking out the town.

Our host hotel, Marriott Northwest, is three miles from historic old Dublin. The Marriott is a beautiful hotel and is a full service hotel. For those interested in breakfast before heading out to ride there is plenty of seating room and they will be ready to serve us.

The planning team has had meetings at the Dublin Village Tavern for those of you who might be interested in local cuisine. A disclaimer for DVT, the owners are cousins of Chuck and Pam. We have also met at their other restaurant, Liberty Tavern in Powell, about 9 miles from the Marriott. We can vouch for the quality of the food at both places. There are other local restaurants in the area as well worth trying.

In addition to the local flavour, there are many of the well-known chain restaurants very close and many within walking distance of the hotel. Plenty of selection no matter what the size of your group.

Now that we have covered the important issues first, lodging and food, let's talk about the fun part, the ride! Central Ohio is relatively flat with gently rolling hills. After guiding you through some local neighborhood

streets, you will be in the country cruising along. Relax and enjoy the ride.

No matter the weather, we have secured inside, air conditioned, with tables and seating for the rest and lunch stops. Plenty big enough for visiting and relaxing a bit before heading back out on to the beautiful country roads to finish your ride.

Stay tuned, watch for changes and updates at [www.mtr2017.org](http://www.mtr2017.org).

We look forward to hosting you in Dublin OH for MTR2017.

GOATS 2017 Planning Team

### Ride with GPS

Just a reminder! The club has an account with Ride with GPS. This is a website that allows you to create and save ride routes, share them with club members, and use them in an app on your smart phone or GPS device. As a TCTC member, you can utilize our club membership to take full advantage of this service, but it does require an invitation. If you would like an official invitation, please e-mail [debliang@bikerider.com](mailto:debliang@bikerider.com) and she will forward your message on to the appropriate person.

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



### 2017 TCTC Rides

Sunday June 11<sup>th</sup>

#### Ride to Rita's

Hosts: Bill and Winnie Polta

Sunday July 9<sup>th</sup>

#### Stillwater to Scandia Scamper

Hosts: Matt Tillotson and Deb Liang

Saturday July 22<sup>nd</sup>

#### Enjoy Realife Ride, Mounds View

Hosts: Linda Sandell & Stan Van Valkenburg

Saturday August 19<sup>th</sup>

#### Root Beer Ride

Hosts: Helmut and Joan Porcher

Saturday September 16<sup>th</sup>

#### End of Summer Ride, Cumberland, WI

Hosts: Mike Lindgren and Terri Backes

Sunday September 24<sup>th</sup>

#### Apple Arb Ride

Hosts: Tony Ableson and Jean Hulbert

Sunday October 8<sup>th</sup>

#### Chili Ride, Woodbury, MN

Hosts: Rachel & Chris Gilchrist, Lynn Pagliarini & Ralph Hapness

### 2017 NON-TCTC Rides

Please contact the specific rides for registration details.

Friday August 11<sup>th</sup> – 13<sup>th</sup>

#### PIGS Rally

<https://sites.google.com/site/pigson tandembicycles/rally-information>

Sunday September 10<sup>th</sup>

#### Door County Century Ride

[www.doorcountycentury.com](http://www.doorcountycentury.com), Or for more information e-mail Jean Hurlbert Ableson at [tonyandbean@yahoo.com](mailto:tonyandbean@yahoo.com)

### Notes from the Editors

Send articles, comments and ideas to:  
Deb Liang & Matt Tillotson, (651) 642-1617  
E-mail: [debliang@bikerider.com](mailto:debliang@bikerider.com)

Summer is here! And 2017 TCTC riding season is in full swing! Even though the season has begun – we can still add rides at any time! Considering hosting a ride? Contact the newsletter editors if you have a ride you would like added to the schedule.

Remember, we have a Facebook page and a webpage ([www.twincitytandembike.com](http://www.twincitytandembike.com).) Ride updates and additions will be posted to the website as soon as possible.

Interested in getting your newsletter via e-mail - let us know!  
Happy riding everyone! Hope to see you out at rides soon!

<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. Dues are \$12.00 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:					

June 2017

**Twin Cities Tandem Club Newsletter**  
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**1236 Hague Avenue**  
**Saint Paul, Minnesota 55104**