

The G A T E W A Y

Hostelling • Budget Travel • Bicycling • Canoeing • Hiking • and More!

Volume 63, Number 4

July/August 2003

The mission of Hostelling International/American Youth Hostels (HI/AYH) is to help all, especially the young, gain a greater understanding of the world and its people through hostelling.

The Magic of

THE 39TH ANNUAL MOONLIGHT RAMBLE® AUGUST 16-17

The streets of St. Louis, are quiet, almost free from traffic. The moon is shining down gently on the assembled crowd. The Arch glowing in the background. The Magic of the Moonlight Ramble® begins.

2003 marks the 39th year for the Moonlight Ramble®. Along the way, it has grown and prospered despite such calamities as a starting area covered in dust from the implosion of the International Building the morning before, bouncing around the calendar, and of course the flood of 1993. For the last ten years, more than 10,000 riders a year have descended on downtown and enjoyed the night. This is a far cry from the single rider starting on the steps of Union Station in 1964.

12:01am Sunday morning August 17 marks the start of the Moonlight Ramble®. Registration opens at 8:00pm Saturday night in front of Soldiers' Memorial, 15th and Chestnut, downtown. Come down early and enjoy the festivities. Tickets go on sale after July 7 at the HI/USA office 1021 Big Bend, suite 2-N online at www.gatewayhiayh.org and at all local area bike shops.

Same price as last year! Can you say the same thing about the baseball Cardinals? Movies? Six Flags? Moonlight Ramble® tickets are just \$10.00 per person in advance and \$15 at registration. T-shirts are once again \$10.00. What a deal! And it gets better. Get a group together and save, buy the "family pack" of 5 tickets for just \$40.00. Sorry the "family pack" is only available at the HI/GC office.



Do you see yourself? 12:01am on the starting line of the 2002 Moonlight Ramble®

Photo By Rudy Beuc



The Summer Blockbusters

PEACH PEDAL RIDE 2003	July 19 & 20
39th ANNUAL MOONLIGHT RAMBLE®	Aug. 16-17
AUTUMN APPLE (PIE) TOUR	Aug. 30 & 31
NATALIE G. KEKEISEN FLAT-AS-A-PANCAKE	
CENTURY RIDE	Sept. 28
CAMP MIHASKA 100 WEEKEND	Oct. 31-Nov.2

Moonlight Ramble® as it pertains to nighttime bicycling rides is a registered trademark of the Gateway Council/Hostelling International/USA

VOLUNTEER OPPORTUNITIES

WITH A LITTLE HELP FROM OUR FRIENDS

What does it really take to put on the Moonlight Ramble®? VOLUNTEERS!!! As the Ramble has grown, the need for volunteers has grown. Last year nearly 300 volunteers helped with the Ramble. If you look at everything that needs to be done, it can be a little overwhelming, that's why we need a bunch of people!

All Moonlight Rambler volunteers receive a Ramble T-shirt (the special volunteer color) and free registration for the Ramble. What a deal! Call the Office at 644-4660 or clerk@gatewayhiayh.org and sign up today. We have something for everybody.

Position Route Marshals
Times needed Saturday night/Sunday 10:00pm-3:00am
Number 80
May I ride? No

Job Description: Assist the police department in blocking intersections, making sure riders turn at the right places and helping riders who need to wait for SAG trucks.

Position SAG Drivers
Times needed Saturday night/Sunday 10:30pm-4:00am
Number 4
May I ride? No

Job Description: Drive the SAG vehicles, pick up stranded riders and return them to the starting area.

Special Notes: All drivers must be 18 years old or older, licensed and insurance. Sorry, this is an ABSOLUTE MUST with our agreement with Budget of Southtown.

Position Site Coordinator
Times needed Saturday night/Sunday 6:30pm-4:00am
Number 2
May I ride? No

Job Description: Take charge of the crews setting up and later taking down the starting area

Position Breakfast Coordinator
Times needed Saturday night/Sunday 9:00pm-4:00am
Number 1
May I ride? No

Job Description: Take charge of the volunteers at the breakfast area. Coordinate with Saint Louis Bread Co.

Position Rest Area Worker
Times needed Saturday night/Sunday 11:00pm-4:00am
Number 4
May I ride? No

Job Description: Staff the rest area. Volunteers may ride directly to the rest stop and then return home if they wish.

Position Set up team
Times needed Saturday night 6:00pm-10:00am
Number 10
May I ride? Yes, with the volunteer group.

Job Description: Set up the registration and starting area. Unload the truck. Block off the streets to form the registration area.

Position Take Down and Clean Up team
Times needed Saturday night/Sunday 12:30am-6:00am
Number 10
May I ride? Yes, before you work

Job Description: Take down the street barricades, pack up the tables and chairs, load the truck and pick up trash. We always leave the park cleaner than we found it. Some volunteer will need to help take the truck back to the office and return the SAG vehicles to Budget.

Position Volunteer/Sign-in Coordinator
Times needed Saturday night/Sunday 8:00pm-4:00am
Number 2
May I ride? No

Job Description: Sign in volunteers and show them where their jobs are. Assign tasks to other volunteers. Sign in guest riders.

Position Breakfast team
Times needed Saturday night/Sunday 9:00pm-3:00am
Number 20
May I ride? Yes, with the volunteer group.

Job Description: Bag food from Saint Louis Bread Co. and set up breakfast area. Help distribute food to riders.

Special Notes: Some volunteers will need to staff breakfast and not ride. A good job for younger volunteers.

Times needed Saturday night/Sunday 9:00pm-1:00am
Number 30



VOLUNTEER OPPORTUNITIES

May I ride? Yes, with the volunteer group

Job Description: Volunteers collect money for ticket and t-shirts. This position involves cash handling and volunteers are responsible for accuracy with cash and merchandise.

Special Notes: Registration volunteers must attend a training session prior to the Ramble.

Position Pre-ride Office Help

Times needed Monday-Friday 7/30-8/10 9:00am-6:00pm

Number 4

May I ride? Yes

Job Description: Help the staff bag tickets and t-shirts. Help answer the phone. Help office staff handle ticket inquiries.

Special Notes: This position is at the HI office, 1021 Big Bend.

Position Post-ride office help

Times needed Monday-Friday 8/13- 8/17 9:00pm-4:00pm

Number 2

May I ride? Yes

Job Description: Help put away supplies from the registration area. Enter ticket stub information into the database.

Position Start/Finish Line

Times needed Saturday night/Sunday 11:00pm-1:00am

Number 5

May I ride? Yes, with the volunteer group.

Job Description: Segment the riders into groups and insure a safe starting area.

VOLUNTEER Q&A

Do I have to be up all night?

No, there are positions available before the Ramble starts. Route marshals and the rest area crew may leave once the end police car passes them and the officers say it is ok. The clean up crew is the last to leave the starting area and in the last few years has finished and left for home before 5:00am.

I can't carry anything heavy. Can I still help?

Yes! There are plenty of positions that require little if any lifting, toting or sweating. Every bit helps and every bit is appreciated.

What good is a free registration if I can't ride?

A good and fair question. Some positions require someone who is not riding. You do still get a T-shirt and registration. You can give your registration to a friend or family member. In fact, if you are the non bicycling member of a household, volunteering is a great way to enjoy the Ramble without pedaling.

I am a scout leader (or church youth group advisor). My entire group would like to help. What can we do together?

Boy scouts, girl scouts, youth groups, or class projects are all welcome. The best positions for a group of high school aged youngsters are breakfast setup, site setup or site clean up. All are easy jobs for large groups. And yes we will be happy to mail a letter to you to get credit for volunteer hours if you need one for a school or church requirement.

What about parking?

There is a special parking area for volunteers. There is also a special area for volunteers to leave their bicycles while they work. The bicycle parking area is, of course, watched by other volunteers.

Did you know that the Saint Louis Bread Company has been apart of the Moonlight Ramble since 1992?

That's more than 60,000 bagels!



Saint Louis

BREAD CO.

TM



WHAT HAVE YOU BEEN DOING?

Raising the kids and going to all those soccer games?

Working your way up the career ladder in search of greener pastures?

Taking time out from ANY involvement as your body and mind clear the way to re-group?

There is a tailor-made job for you. Do you have secretarial or computer skills, enjoy organizing, want to do something entirely different! Variety? We've got it. Everything from letter writing, labeling, and folding to delivering Gateways and/or posters to bike shops and libraries.

There are also Specific Jobs.

1. Our Gateway Editor/Layout person will soon prepare his last issue—The September-October issue before he moves on to other things. He says this job takes him about five hours keyboard time spread out over 1 or 2 weeks every other month. He is willing to teach and provide templates to the new editor. (Sorry, new computer not included.)

2. Each of the Special Bicycling Events needs volunteers the day of the event. Plus a few people a couple of days before and after the event. Free t-shirts are involved.

3. International Travel Day 2004 will need volunteers the day of the event and in advance. ITD is in the planning stages if you would like to help plan a great event.

4. Trivia Night Fund Raisers have become important to our budget and need volunteers.

**CONTACT OUR OFFICE AT
314-644-4660 TO VOLUNTEER**

THE CALENDAR OF EVENTS

JULY

JULY



1 Tue **Turtles' No Hills West Loop (3Ba)**. NEW START TIME. Meet at Howell Island 8:30AM for 9:00AM start. Directions: US 40/I-64 approx. 7 miles west of I-270, Long Road Exit, right on Chesterfield Airport Road, left on Olive Street, becomes North Eatherton Road, right to Howell Island (look for sign & gravel road). Twenty-four miles of the flattest area in West County with a few small rollers! Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynreiter@hotmail.com



1 Tue **Bridgeton to "The Hill" (3Bb)**. Meet at 8:30 a.m., leave at 9:00 from the Bridgeton Community Center, 4201 Fee Rd., about 3 blocks north of St. Charles Rock Rd. Ride to Forest Park and on to "The Hill" for lunch at Amighetti's. Return by circling Lambert Field (on the ground, of course!) The ride is a 38-mile loop. Bring water, tube, tools, snack and/or lunch money. No go in hard rain. Free for HI-USA members, \$3.00 for non-members. Self-sufficiency expected. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



2 Wed **BABES Wednesday Night Ride (2-3B-Cb)**. The Belleville Area Bicycling and Eating Society meets at Eckert's Country Store and Farms in Belleville. Show at 6:15 p.m. and go at 6:30 p.m. We will have three flat to somewhat hilly routes of 14 to 26 miles. From I-255, take II Rte. 15 east about 11 miles. Just before the stoplight at Green Mount Road is the entrance of Eckert's. Park in the lot northeast of the store and restaurant. After the ride, we'll eat at Eckert's Country Restaurant Free for HI-USA members, \$3.00 for non-members. Ride leader: Roger Kramer, (618) 236-2793 or roger@rogerkramercycling.org.



6 Sun **Grafton Ferry to Pere Marquette (2Bb) or (3Cb)**. Ride the New Grafton Ferry (bicycles, \$4.00 round trip). Meet at 8:30 am., leave at 9:00. Choose from two loop routes: 17 miles to Pere Marquette on the bike path or into the rolling hills to the back entrance to Pere Marquette (35 miles). Both routes come back to the River Road and Grafton. Park at Kilroy's Restaurant on Grafton Ferry Rd. off Hwy 94 (near Portage des Sioux). Directions: From Portage des Sioux, follow Commonfield Rd. to Portage Rd—continue to Grafton Ferry Rd., then left to St. Charles Smartt Airport and Kilroy's. OR cross the MO 370 bridge to 1st exit (Hwy. 94), go left on 94 to Grafton Ferry Rd., then left to Airport and Kilroy's. Free for HI-USA members, \$3.00 for non-members. Everyone: Remember to bring money to pay ferry fee. Leaders: Rich Bick, 899-636-1132 and Billie Teneau, 314-291-7860.



8 Tue **Turtles' Forest Park-Down-town Loop (3Aa)**. NEW START TIME. Meet at Forest Park old Golf House Parking Lot 8:30AM for 9:00AM start. Directions: US 40/I-64, McCausland/Skinker north, right on Forsyth into Forest Park, bear left on Lagoon, bear right on Grand (unmarked-tennis center bleachers), right in to parking lot. Let's do lunch in the CWE! Free for HI-USA members, \$3.00 for non-members. Leader: Judy Meyer, 314-997-5005.



8 Tue **St. Peters to Old Monroe (3Ab)**. Meet at 8:30 a.m., leave at 9:00 from the St. Peters commuter lot. Take I-70 west to the Mid-Rivers Mall St. Peters exit. Turn right onto Mid-Rivers Mall Dr., then left on N. Service Rd. The commuter lot will be on the left across from the QT station. (Come to the Burger King next to QT for breakfast if you're there early.) Ride goes out and back 30-35 miles through O'Fallon and St. Paul with snack break in Old Monroe. Most of us like to return to St. Peters for Spaghetti at the American Legion Post after the ride. Bring water, tools, tube, snack or money for lunch. Ride does not go in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.

JULY 2003						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



9 Wed **BABES Wednesday Night Ride (2-3B-Cb)**. The Belleville Area Bicycling and Eating Society meets at Eckert's Country Store and Farms in Belleville. Show at 6:15 p.m. and go at 6:30 p.m. We will have three flat to somewhat hilly routes of 14 to 26 miles. From I-255, take II Rte. 15 east about 11 miles. Just before the stoplight at Green Mount Road is the entrance of Eckert's. Park in the lot northeast of the store and restaurant. After the ride, we'll eat at Eckert's Country Restaurant Free for HI-USA members, \$3.00 for non-members. Ride leader: Roger Kramer, (618) 236-2793 or roger@rogerkramercycling.org.



10 Thu **Turtles Climb From Clifton Terrace (2Ba)**. Of course, if you are a true turtle, you don't like to climb. And on this ride, that's okay. We will be meeting at Clifton Terrace on the Great River Road at 8:30 am., leaving at 9:00 for the bluffs above. Turtles stay on the level and flat road. We will rejoin more adventurous

turtles in Grafton or Elsay for lunch. Bring money, tube and water. Free for HI-USA members, \$3.00 for non-members. Leader: Carl Muckler, 314-521-8661.



10 Thu **Chase your tail on the Dog Praire Loop (3Cb)**. Meet at the O'Fallon Park for a 36-mile loop stopping for lunch along I-70 and returning to O'Fallon. Self-sufficient riders only. From I-70 at O'Fallon take Rte. M north to Civic Park Dr. (the first street north of RR tracks) and drive about two blocks west to Park on right. No go in rain. Meet at 8:30 for a 9:00 AM start. Free for HI-USA members, \$3.00 for non-members. Leader: Dave Reiter, davereiter1@earthlink.net.



12 Sat **Walking Ramblers Fenton/Meramec Greenway Walk (6E)**. Meet at Fenton City Park Pavilion off Sweaney Dr. at 7 am, start 7:15. You may walk 6, 7 or 10 miles taking in 3 parks. Free for HI-USA members, \$3.00 for non-members. Leaders: Lee Hoffman and Nancy Sido, 314-966-6727.



15 Tue **Turtles' St. Charles/Mueller Soccer Field Loop (3Aa)**. NEW START TIME. Meet at the Mueller Rd. Soccer Fields 8:30AM for a 9:00AM start. Directions: I-270 north, MO 370 left or west past MO 94, Elm St. Exit, right on Elm 1/2 mile, right on Mueller Rd., park near restrooms. Alternate 2: Olive St., Creve Coeur Mill Rd. north, left on Prichard Farm, straight on Earth City Expressway, MO 370 west, Elm St. Exit, right on Elm 1/2 mile, right on Mueller Rd. 25 flat easy miles! (PS Turtles never have headwinds!) Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynreiter@hotmail.com.



15 Tue **Jamestown to the Arch (3Bb)**. Meet at 8:30 a.m., leave at 9:00 from Jamestown Mall, North Hwy 67 (Lindbergh Blvd.) and Jamestown Rd. in far North County. Park near the Food Court entrance, where restrooms are available. A 40-mile out and back ride on the St. Louis Riverfront Trail to the Gateway Arch. Lunch is at the Subway in Soulard. Bring water, tools, tube, etc. Ride canceled in hard rain. Free for HI-AYH members, \$3 for non-members. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



THE CALENDAR OF EVENTS

JULY



16 Wed **BABES Wednesday Night Ride (2-3B-Cb).** The Belleville Area Bicycling and Eating Society meets at Eckert's Country Store and Farms in Belleville. Show at 6:15 p.m. and go at 6:30 p.m. We will have three flat to somewhat hilly routes of 14 to 26 miles. From I-255, take Il Rte. 15 east about 11 miles. Just before the stoplight at Green Mount Road is the entrance of Eckert's. Park in the lot northeast of the store and restaurant. After the ride, we'll eat at Eckert's Country Restaurant Free for HI-USA members, \$3.00 for non-members. Ride leader: Roger Kramer, (618) 236-2793 or roger@rogerkramercycling.org.



17 Thu **Turtles Clamber From Creve Coeur Park to First Watch (2Ba).** A tried and true turtle ride with one HUGE hill, otherwise flat. Join us at Sailboat Cove in Creve Coeur Park at 8:30 a.m., leaving at 9:00. Bring money, water and all-important tube. Free for HI-USA members, \$3.00 for non-members. If you have not eaten at First Watch, you will be pleasantly surprised. Leader: Judy Meyer, 314-997-5005.



17 Thu **West Alton Sortie (4Ab).** Depart from the PIT STOP station at MO 367 and 94 at 9:00am. A flat and likely breezy ride of 40 plus miles. Food stop at Smartt Airport. No go in rain or winds above 20 MPH. Free for HI-USA members, \$3.00 for non-members. Self-sufficiency expected. Leader: John Buck, 314-878-3962.



19 Sat **Sailing with Silas.** Experience a sail on Lake Carlyle. The Captain of the Day considers this 4 passenger boat 'tender', meaning reactive to weather and load. **In the interest of safety, all passengers must be 12 years old or older, wear a furnished life jacket in an appropriate manner, possess swimming ability, and be of a size and agility to assist as passenger/crew.** Sailing may be canceled if weather is deemed unsuitable. Free for HI-USA members, \$5.00 for non-members. Contact: Silas McKinley, 314-454-1924.



19 Sat **Walking Ramblers Tower Grove Park Walk (20C).** Meet on Center Cross Dr. in Tower Grove Park at 6 a.m., start, 6:15. Center Cross is an extension of Tower Grove Ave. at Magnolia Ave. Free for HI-USA members, \$3.00 for non-members. Leader: Dorothea Wolfram, 314-367-5589.



19 or 20, Sat. or Sun. **Peach Pedal Ride 2003.** Starting at Eckert's in Belleville, IL, Hwy 15 and Greenmount Road. Enjoy rural countryside as you pedal 14, 22, or 41 miles. Register either day between 8:30 and 11:30. **FREE Coupon for a child-sized custard cone or 50 cents off the price of a sundae or concrete.** Mostly flat roads. Maps are provided and road arrows point the way. **SAG service by The Cyclery. Cost: \$6 for**

HI-USA members, \$8 for non-members, \$1 for children under 14 with an adult. Event Coordinator: Billie Teneau, 314-291-7860 or cyclist@aol.com



22 Tue **Turtles' Horse Shoe Lake Loop (IL) (3aA).** NEW START TIME. Meet at the Horse Shoe Lake Recreation Area in Illinois-8:30AM for a 9AM start. Directions: I-55 North, 6 mi. north of DT/STL take Exit 6/ IL 111, go left/north to Horse Shoe Lake entrance. Take 2ND RIGHT along lake shore to the end. Alternate: I-270 N/E, cross the new Chain of Rocks bridge to Exit 6/ IL 111, go right/south to Horse Shoe Lake entrance (see above). Great new ride on another new bike trail. Free for HI-USA members, \$3.00 for non-members. Leader : Dick Klosterman, 314-776-1339.



22 Tue **West County Loop #1 (3Db).** Meet at 8:30 a.m., leave at 9:00 from the Dierbergs parking lot, Clayton and Clarkson Roads in Ellisville, Mo. Park near the Schwab Building. Ride about 38 miles around familiar West County roads with a re-grouping stop at Rockwoods Reservation. Optional lunch stop at St. Albans. Bring water, tools, tube, snack and/or lunch \$. Self-sufficiency required. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcap@swbell.net.



23 Wed **BABES Wednesday Night Ride (2-3B-Cb).** The Belleville Area Bicycling and Eating Society meets at Eckert's Country Store and Farms in Belleville. Show at 6:15 p.m. and go at 6:30 p.m. We will have three flat to somewhat hilly routes of 14 to 26 miles. From I-255, take Il Rte. 15 east about 11 miles. Just before the stoplight at Green Mount Road is the entrance of Eckert's. Park in the lot northeast of the store and restaurant. After the ride, we'll eat at Eckert's Country Restaurant Free for HI-USA members, \$3.00 for non-members. Ride leader: Roger Kramer, (618) 236-2793 or roger@rogerkramercycling.org.



23 Wed **Bicycle Committee Meeting. The Bicycle Committee will meet at 6:30 p.m. in the HI-USA office at 1021 S. Big Bend, Suite 2N. Parking is across Big Bend behind Panera Bread's offices, etc. (on Clayton Rd.). We will plan future bicycling events through the end of 2003 and discuss the future of bicycling in the metro area. Everyone is welcome. Please come and bring a friend. Call the office for directions if you need them, 314-644-4660.**



24 Thu **The "Don't Tread on Me" Defiance Ride (3Db).** Meet at 8:30 a.m. for a 9:00 start. Leave the Defiance KATY trail parking lot for a beautiful, forty mile loop stopping for lunch in Augusta and returning to Defiance. We will tackle Schluersburg Hill or return by KATY Trail. Self-sufficient riders only. Free for HI-USA

members, \$3.00 for non-members. No go in rain. Leader: Dave Reiter, 314-406-2359 or davereiter1@earthlink.net.



24 Thu **Turtles Saunter to St. Charles (2Ba).** New Ride! We are meeting at Bridgeton Athletic Complex off Taussig Road at 8:30 a. m. and leaving at 9:00 to go across the 370 bridge into territory which we have never seen and to a new restaurant which we have never graced! You will love it. There is one hill and then the incline on the bridge, that's it, I swear! Bring money, tube and water (mucho water). Free for HI-USA members, \$3.00 for non-members. Leader: Jackie Kohler, 314-739-8611.



29 Tue **Turtles' Stacy Park Loop (3Aa).** NEW START TIME. Meet at Stacy Park/8:30AM for a 9:00AM start. Directions: Olive Street east (of I-270, Lindbergh, & Warson), Bonhomme-right, Stacy Park Entrance-right. Join us for this favorite 25-mile Turtle loop. Free for HI-USA members, \$3.00 for non-members. Leader: Joann Curtis, 636-469-3256.



29 Tue **Portage Des Sioux Ride (4Ab).** Meet at the soccer fields on Mueller Rd. in St. Charles, MO at 8:30 a.m., leave at 9:00. From MO 370 exit at Elm St. and turn north. Turn right on Mueller Rd. Soccer fields will be on your right. Park near the rest room building. This is a totally flat, 40-mile ride to the village of Portage Des Sioux. We will visit Our Lady of the River Shrine and have lunch at Kilroy's Restaurant at the St. Charles Airport on the way back. Bring water, tools, spare tube. Free for HI-USA members, \$3.00 for non-members. Ride canceled in hard rain. Ride Coordinator: Sue Wilhelm, tndmcap@swbell.net.



30 Wed **BABES Wednesday Night Ride (2-3B-Cb).** The Belleville Area Bicycling and Eating Society meets at Eckert's Country Store and Farms in Belleville. Show at 6:15 p.m. and go at 6:30 p.m. We will have three flat to somewhat hilly routes of 14 to 26 miles. From I-255, take Il Rte. 15 east about 11 miles. Just before the stoplight at Green Mount Road is the entrance of Eckert's. Park in the lot northeast of the store and restaurant. After the ride, we'll eat at Eckert's Country Restaurant Free for HI-USA members, \$3.00 for non-members. Ride leader: Jerry Whittle, 618-977-4296 or whittlej@apci.net.



31 Thu **Turtles Find Fun in Ferguson (2Ba).** New Ride! Again! Carl loved leading his ride so much that he has come up with this one which he promises to be a little hilly but mostly flat, and a great restaurant near the end. He also promises wonderful old and beautiful homes to be seen. This ride also meets at 8:30 a. m. and leaves at 9:00 from Shop and Save Lot on New Florissant Road (2 miles south of I-270 or 2 miles north of I-70). Bring money, tube and water. Free for members and \$3.00 for non-members. Be there! Leader: Carl Muckler, 314-521-8661.

THE CALENDAR OF EVENTS

AUGUST

AUGUST



1 Fri Deadline for submitting calendar event notices for September/October issue. Notice! The Board will be voting on changing the Gateway publication schedule. The September/October issue may be the September-December issue. Events to the end of 2003, advanced notice for January and February 2004, and Board Nominations could be in this issue. If you have feelings about how the Gateway, contact the editor (big.al@mail.slacc.com) or Mark in the office. All comments will be forwarded to the full board.



3 Sun Walking **Ramblers Carondelet Walk (6-10E).** Meet at the boathouse on Lake in Park off Loughborough Ave. at 7 am., start, 7:15. Following walk we will have meeting for the late fall and Winter Long Walk Series at Julie's Home (directions given at walk). We will potluck, so bring a dish to share. Free for HI-USA members, \$3.00 for non-members. Leader: Julie Simon, 314-352-3433.



5 Tue Turtles' Falling Springs Loop (3Ab). NEW START TIME. Meet at the Market Place, Columbia, IL 8:30AM for a 9:00AM start. Directions: I-270/255 SE across JB Bridge, Hwy 3 Exit south, Parkview (McDonalds) right 2 blocks, left into parking area, 25 miles with some rollers. Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynnreiter@hotmail.com.



5 Tue Kirkwood to the Mississippi! (4Bb). Meet at the Kirkwood Community Center on Geyer Rd. at Adams in Kirkwood. Gather at 8:30 a.m., leave at 9:00. This is a loop ride to the St. Louis Riverfront—about 40 miles. We'll stop for lunch somewhere in the Soulard area and swing by Ted Drewes for dessert on the way back. Bring water, tube(s), pump, tools, lunch money. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Self-sufficiency recommended. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



6 Wed BABES Wednesday Evening Ride (2-3B-Cb). The Belleville Area Bicycling and Eating Society meets at Millstadt Village Park, Millstadt, IL. Meet at 6:00 p. m., go at 6:15. Two or three routes (with hills) of 12-25 miles. Take Illinois 158 into downtown Millstadt, turn north on Main Street, park in the lot along the main baseball diamond. Free for HI members, \$3.00 for non-members. Eat at Bredeaux Pizza after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



7 Thu Turtles Bounce From Babler to St. Albans (2Ca). This ride, which leader says is a turtle route, begins in Babler State Park. Go through the main entrance off old 109, now BA, and park behind the monument. Please park by the monument, not the visitors' center. He tells me that the ride is fairly flat!!! Bring water, money and tube. Free for HI-USA members, \$3.00 for non-members. Leader: Kent Bartels, 636-477-8473.



12 Tue Turtles' Columbia to Millstadt Loop (3Ab). NEW MEETING PLACE, NEW START TIME. Meet at Columbia City Park 8:30AM for a 9:00AM start. Directions: I-270/255 SE across the JB Bridge, exit Columbia Hwy 3 south, LEFT on Parkview (McDonalds), right on Evergreen Dr. (not marked-2nd driveway between school ball fields). The Park is behind school fields. Twenty three Turtle miles, with a few Turtle hills! No go rain or below 40 degrees. Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynnreiter@hotmail.com.



12 Tue Chain of Rocks Bridge to Edwardsville Loop (3Ab). Meet at the Old Chain of Rocks Bridge at 8:30 a.m. Ride leaves at 9:00. Exit I-270 at Riverview Dr. (just west of the River). Go south one block on Riverview Dr. and turn left into the Bridge parking lot. The ride crosses the Mississippi over the Old Bridge on Historic Route 66 to Chouteau Island and the Army Corps of Engineers Chain of Rocks Canal. The mostly flat ride travels out through Granite City, Mitchell, Poag, and Wanda, with a lunch stop in Edwardsville. On the return, experience 8-9 miles of the beautiful Vadalabene Bicycle Trail from Edwardsville south to Pontoon Beach—all down hill. Bring water, spare tube(s), pump, tools, lunch money or snack. Free for HI-USA members, \$3.00 for non-members. Ride canceled in hard rain. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



Gateway Council Hostelling International *requires* Helmets meeting or exceeding ANSI or Snell standards on all bike rides!
Wear Yours!!

THE GATEWAY



13 Wed BABES Wednesday Evening Ride (2-3B-Cb). The Belleville Area Bicycling and Eating Society meets at Millstadt Village Park, Millstadt, IL. Meet at 6:00 p. m., go at 6:15. Two or three routes (with hills) of 12-25 miles. Take Illinois 158 into downtown Millstadt, turn north on Main Street, park in the lot along the main baseball diamond. Free for HI members, \$3.00 for non-members. Eat at Bredeaux Pizza after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



14 Thu Turtles Flounder Through Forest Park and Environs (2Ba). We know we are meeting in Forest Park and are looking for a shady ride because today will be a hot one. Come and join us for a cool ride on a hot day. Meet at the old Golf House Parking Lot at 8:30 and leave at 9. Bring tube, money and water (frozen if possible). Free for HI-USA members, \$3.00 for non-members. Leader: Mike Katz, 314-576-5383.



14 Thu The 24 hour Fitness Ride (4Cb). Meet at the 24 Hour Fitness Center at Clayton and Baxter (or the Bread Company across the street for early arrivals). Forty mile loop around West County and return for lunch. Self-sufficient riders only. Free for HI-USA members, \$3.00 for non-members. No go in rain. Leader: Dave Reiter, 314-406-2359 or davereiter1@earthlink.net.



16 Sat Walking Ramblers Forest Park Walk (22C). Meet in Muny parking lot across the street from old Field House/Golf Pro Shop (under renovation) in Forest Park at 6:00 am., start, 6:15. Free for HI-USA members, \$3.00 for non-members.. Leader: Alison Bourey, 314-576-4137.



16-17, Sat-Sun 39th Annual Moonlight Ramble® (2Bb). Join in this St. Louis tradition! See St. Louis at night with the company of 10,000 of your closest cycling buddies. Registration is in front of Soldiers' Memorial, Chestnut and 14th streets, downtown and opens at 8 p.m. Saturday night. Ride begins at 12:01 a.m. Sunday. The route will be about 18 miles. Cost: \$10 in advance, \$15 night of the event. Tickets will be available in all St. Louis area bike shops and the HI/GC office after July 4. Event Coordinator: Lynn Barlar, 314-644-4660.

THE CALENDAR OF EVENTS

AUGUST



19 Tue **Turtles' Dog Prairie Loop (3Ab)**. NEW START TIME FOR JULY/AUGUST ONLY. Meet at O'Fallon, MO Civic Park 8:30AM for a 9:00AM start. Directions: US 40/64 west, exit Rte. K, go north past I-70, Rte. K becomes Route M, continue north, left on Civic Park Dr. (first street past RR tracks). Alternate: I-70 west, O'Fallon Exit (Route M) north past RR Tracks, left on Civic Park Dr. This is a long-time Turtle Favorite! Free for HI-USA members, \$3.00 for non-members. Leader: Dale Degerman, 636-394-5485.



19 Tue **Rockwoods Roundup Ride (3Cb)**. Meet at 8:30 a.m., leave at 9:00 from the Dierberg's parking lot at Clayton and Clarkson Roads in West County. Park near the Schwab building. Ride about 35 miles to Rockwoods Reservation and St. Albans where we'll stop for lunch. Plenty of good hills for everyone! Bring water, tube, tools, snack and/or lunch money. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcap@swbell.net.



20 Wed **BABES Wednesday Evening Ride (2-3B-Cb)**. The Belleville Area Bicycling and Eating Society meets at Millstadt Village Park, Millstadt, IL. Meet at 6:00 p. m., go at 6:15. Two or three routes (with hills) of 12-25 miles. Take Illinois 158 into downtown Millstadt, turn north on Main Street, park in the lot along the main baseball diamond. Free for HI members, \$3.00 for non-members. Eat at Bredeaux Pizza after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



21 Thu **Turtles Get Kicks on Route 66 (2Ca)**. As before, leader says there is a flat ride and a hilly ride from here and he will provide maps for both. We had this ride in the spring but of course, it was rained out for most of us. We will meet at 8:30 am., leave at 9:00 from Park 66 (I-44 to Lewis Road, turn right, then left into park and parking lot). Bring anything to keep you cool, water, tube and money. Free for HI-USA members, \$3.00 for non-members. Leader: Jim Reuter, 636 458 6562.



21 Thu **Millstadt to Eckerts (3Bb)**. Assemble in parking area at east edge of the park. From IL Rte. 158 (W. Washington) turn north on Main St. and drive two blocks to park. Depart at 9:00am for Eckerts—food and ice cream available. No go in rain. Free for HI-USA members, \$3.00 for non-members. Self-sufficiency is expected. Estimate of mileage is 35 with options for more. Leader: John Buck 314 878-3962.



23 Sat **Operation Clean Stream**. We will meet at 8:00 a.m. for a free breakfast at the Lions Club. Operation Clean Stream is over 35 years old, and HI/GC has been a participant almost as long. Last year 1,800 volunteers turned out to help collect an estimated 1,300 tires, 70 cubic yards of metals and over 200 cubic yards of trash on 400 miles of stream. Both tires and metal were recycled. This Operation remains an important environmental project in Missouri. On a personal note... many floaters out for the day on the river said "thank you" as we moved along. Help clean up the trash along the banks of the Meramec River. After picking up trash on the river, there will be a free barbecue picnic and cool beverage of choice. Volunteers will also get a free tee-shirt. Cost: The canoes will be provided FREE. It can't get much better than this. Coordinator: Colin Maag, 314-721-7397.



26 Tue **Lake St. Louis to Points North (4Cb)**. Meet at 8:30 a.m., leave at 9:00 from the Commuter Lot in Lake St. Louis—I-70 and Lake St. Louis exit. We will ride north to Flatwoods Rd., then south to Josephville, and finally west to Flint Hill and Foristell where we'll stop for lunch or continue to the Steak-N-Shake in Wentzville. The return route uses old Hwy 40 out of Wentzville back to the start. Bring water, tube, tools, etc. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcap@swbell.net.

AUGUST 2003						
S	M	T	W	T	F	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



26 Tue **Turtles' Forest Park-Midland Loop (3Aa)**. NEW START TIME FOR JULY/AUGUST ONLY. Meet at Forest Park Golf House Parking Lot 8:30AM for a 9:00AM start. Directions: US 40/I-64, McCausland/Skinker north, right on Forsyth into Forest Park, bear left on Lagoon Drive, bear right on Grand Drive (unmarked-tennis center bleachers), right into parking lot. Yes, to a long Midland Ave. downhill! Lunch at Delmar Loop! Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynnreiter@hotmail.com.

BICYCLE DIFFICULTY RATING

MILES	TERRAIN
1 - under 10	A - Almost Flat
2 - 10-20	B - Mild hills
3 - 20-40	C - Rolling hills
4 - 40-75	D - Severe climbs
5 - 75-110	E - Extremely hilly
6 - 110+	
SPEED *	
a - 6-12 mph	
b - 13-16 mph	
c - 16-20 mph	
d - 21+ mph	

* Note: Speed is *not* the average speed for the whole trip, it is the speed that the main group will stay at for any significant time, based on flat terrain and no wind.

Self-sufficiency required means that you can change your own tire and have enough money that you could telephone for help.

HIKING DIFFICULTY RATING

MILES	TERRAIN
Actual miles listed	E Easy
	M Moderate
	C Challenging

SPEED
Generally based on a 2 mph pace



27 Wed **BABES Wednesday Evening Ride (2-3B-Cb)**. The Belleville Area Bicycling and Eating Society meets at Millstadt Village Park, Millstadt, IL. Meet at 6:00 p. m., go at 6:15. Two or three routes (with hills) of 12-25 miles. Take Illinois 158 into downtown Millstadt, turn north on Main Street, park in the lot along the main baseball diamond. Free for HI members, \$3.00 for non-members. Eat at Bredeaux Pizza after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



28 Thu **Turtles Emerge From Edwardsville (2Ba)**. ANOTHER NEW RIDE! This ride, too, will go to or near Horseshoe Lake. We will meet at 8:30am. and leave at 9:00. Directions are I-270 to IL 157, go left (N) over I-270. Follow IL 157 for 2 1/2 miles to white church on the left where we will park (beginning of SIU Campus). Bring money, tube and water. Free for HI-USA members, \$3.00 for non-members. For information please call leader: Juanita Haley, 618-337-3499.



CALENDAR OF EVENTS

ADVANCED NOTICE



30 & 31, Sat or Sun Autumn Apple (Pie) Tour. Register at Mills Apple Farm on Pocahontas Rd. near Marine, Illinois any time between 8:30 a.m. & 11:30 a.m. on either day. From I-70 take IL Rte. 4 north to IL Rte. 143 and continue east on Rte. 143 into Marine. At N. Duncan St. drive north about 1/2 mile to Pocahontas Rd. on the right. Mills Apple Farm is about 3 miles east on the north side of Pocahontas Rd. Ride 13, 17, or 38 miles on rural roads. While there, or in advance, order a tasty pie (618-887-4732) **NEW for '03! WIN CASH prizes in a drawing (for registered riders only) on both days at Mills Apple Farm at 2:00 p.m. (\$100 first prize, \$50 second prize, \$25 for both 3rd and 4th prizes.)** Also new: **Pizza may be bought from Mills lunch menu. The routes will be marked. SAG services by The Cyclery (Edwardsville). Event Coordinator: Billie Teneau, 314-291-7860 or cyclist@aol.com.**

ADVANCED NOTICE FOR SEPTEMBER AND OCTOBER SEPTEMBER



2 Tue Great River Road Getaway Ride! (4Ab). Meet at 8:30 a.m., leave at 9:00 from the commuter parking lot just north of Alton, Ill. A flat, 42-mile ride on the Great River Road Bikeway to Pere Marquette State Park. Lunch at the Lockhaven Phillips 66 station restaurant on the way back. Bring water, tube, tools, snack and/or lunch money. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynnreiter@hotmail.com. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



2 Tue Turtles' Clifton Terrace, Grafton, Elsay Loop (3Ba). Meet at the Clifton Terrace Parking Lot on the River Road 9:00AM for a 9:30AM start. Directions: I-270 NE, US 367 north over the Clark Bridge; follow the signs to the Great River Road. Clifton Terrace Parking is about 7 miles BEFORE Elsay. It is well marked. This is a very scenic 28-mile ride above the Great River Road; there are a few moderate hills, but then again some beautiful downhills and scenery. Experienced Turtles LOVE this ride! Not recommended for brand new Turtles! Free for HI-USA members, \$3.00 for non-members. Leader: Susan Feldman, 314-822-3655.



3 Wed BABES Wednesday Evening Ride (2B-Cb). The Belleville Area Bicycling and Eating Society - Mississippi River Valley Scenic View Ride. Check the website listed below for any last minute changes due to road conditions! Meet at Columbia Turner Hall, 211 East Cherry St. (at the bottom of Cherry Hill), Columbia, IL. Please park on the outside edges of the Turner Hall

parking lot. Meet at 6:00 pm., go at 6:15. Two or three routes (with hills) of 10-20 miles. Free for HI-USA members, \$3.00 for non-members. Eat at Thai House, 109 S Main St., Columbia, IL after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



4 Thu Turtles Leave From Lafayette Park (2Aa). Meet at 9:00am, leave at 9:30. Super easy ride on the riverfront. Depending what new bike trails are open, we will be going downtown to the Riverfront Trail or maybe across Eads Bridge, etc. We could stop at Crown Candy Kitchen for a wonderful snack and we will probably eat back in the Lafayette neighborhood. Bring water, money and tube. Free for HI-USA members, \$3.00 for non-members. Leader: Jackie Kohler, 314-739-8611.



6 Sat Upper-Meramec River Outing. Meramec Springs to Fagan's Bridge. Bring along a loaf of bread or a box of cat food to feed the trout at the Fish Farm. There will be a short, optional hike to Meramec Spring. On the way home we will stop for dinner at Homer's BBQ and maybe even a sermon. This trip is appropriate for beginners and families. Coordinators: Colin Maag, 314-721-7397 or Kris Krasteff, 314-961-2738.



6 Sat Walking Ramblers Creve Coeur Park Walk (6E). Meet in Sail Boat Cove Parking Lot off Marine Ave. at 7 am, start, 7:15. Directions: I-270 to Dorsett, left to Marine Road (Dorsett ends), right to parking lot on left. Free for HI-USA members, \$3.00 for non-members. Leader: Jean Wasser, 314-534-1959.



9 Tue Turtles' Defiance to Augusta Via Femme Osage Creek Loop (3Ba). Meet at Defiance Katy Trail Head Parking Lot 9:00 AM for a 9:30AM start. Directions: U.S. 40/I-64 west across Missouri River, MO 94 south/left to Defiance. A few hills; 30 scenic-miles; experienced Turtles only, not for beginners! Free for HI-USA members, \$3.00 for non-members. Leader: Kent Bartels, 636-477-8473.



9 Tue Wright City Tour (4Cb). Meet at 8:30 a.m., leave at 9:00 from the Lake St. Louis Commuter lot. Exit I-70 at the Lake St. Louis exit. Go north then east to get to the parking lot. Restrooms (and breakfast) are available at the Hardees south of I-70. This is an approximately 40-mile loop out to Wright City, MO, and returning through Foristell and Wentzville. Lunch at the I-70 Truck Stop in Foristell or Subway in Wentzville. Thanks go to Joe Schaefer for the route. Bring water, tools, snack, and/or lunch money. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



10 Wed BABES Wednesday Evening Ride (2B-Cb). The Belleville Area Bicycling and Eating Society - Mississippi River Valley Scenic View Ride. Check the website listed below for any last minute changes due to road conditions! Meet at Columbia Turner Hall, 211 East Cherry St. (at the bottom of Cherry Hill), Columbia, IL. Please park on the outside edges of the Turner Hall parking lot. Meet at 6:00 pm., go at 6:15. Two or three routes (with hills) of 10-20 miles. Free for HI-USA members, \$3.00 for non-members. Eat at Thai House, 109 S Main St., Columbia, IL after the ride. Leader: Arlene Willmann, 618-531-7673 or visit www.rogerkramercycling.org/HTML/BABEScalendar.htm.



11 Thu Turtles Backtrack To Beef Eaters (2Aa). Meet at 9:00am, leave at 9:30. We will meet for this ride at Bridgeton Athletic Complex at Taussig Road and Ferguson. We will do the ride that we did on July 24 and we WILL have fun. There is only one hill and there is a bike trail around a lake and there is good food and what else is there? Just pray for no wind. Bring the usual water, money and tube Free for HI-USA members, \$3.00 for non-members. We are meeting at 9 a.m. and leaving at 9:30 because the cool weather is here!! Leader: Jackie Kohler, 314-739-8611.



16 Tue Millstadt Meander (4Bb). Meet at the Millstadt City Park in Millstadt, IL. Gather at 8:30 a.m., leave at 9:00. From IL Rte. 3 east of Columbia take IL Rte. 158 east into Millstadt and turn left on Main St. (Subway store on the corner.) It's a flat, 40-mile loop in St. Clair County with lunch at Erma's in Smithton. Bring water, tube(s), tools, pump, lunch money. Ride canceled in hard rain. Free for HI-USA members, \$3.00 for non-members. Ride coordinator: Sue Wilhelm, tndmcapt@swbell.net.



16 Tue Turtles' Millstadt-Smithton Loop (3Ba). Meet at Millstadt City Park 9:00AM for a 9:30AM start. Directions: I-270/255 southeast across the JB Bridge, exit Columbia/Hwy 3 south, right (east) on Hwy 158 about 7 miles, 2 blocks past VFW Hall, left on Polk, right on Kalbfleisch Dr. into the Millstadt City Park, park near restrooms. Great ride-some rollers, 26 miles! Free for HI-USA members, \$3.00 for non-members. Leader: Lynn Reiter, lynnreiter@hotmail.com.




18 Thu Turtles Find More Fun in Ferguson (2Ba). We will once again meet in the Shop and Save Lot on New Florissant (2 miles south of I-270 or 2 miles north of I-70) at 9:00 a.m., leaving at 9:30. We will traverse up and down through the beautiful little town of Ferguson and neighbors. Bring money, tube and water. Free for HI-USA members, \$3.00 for non-members. Leader once again is Carl Muckler, 314-521-8661.

CALENDAR OF EVENTS

W~ 27, 28 Sat, Sun **Big Piney River Weekend.** Camping will be at Rich's Last Resort. Cabins may be available. Canoes will be rented locally. Bring your own food for 2 lunches, dinner, & breakfast. The skill level of this river is appropriate for beginners. Coordinator: Silas McKinley, 314-454-1924.



 **28 Sun Natalie G. Kekeisen Flat-as-a-Pancake Century Ride.** Challenge yourself—ride 100 miles in one day! (40 or 60 mile options available). Natalie was known for encouraging riders to set and reach new goals. Here is your chance to check 'ride a century' off of your list. Register in New Baden Park between 6:30 & 8:30 a.m. (Exit from I-64 at IL Rte. 161 Exit 27 and continue east into New Baden on Hanover St. Park is in the southwest corner at the intersection of Rte. 160 and 161.) Arrows on the road and maps guide riders on a mostly flat Century. All loops end in New Baden where lunch is provided (included in fee). SAG support by The Cyclery (Edwardsville). Cost: \$12 HI-USA members; \$15 non-members. Event Coordinators: John Jost, 636-464-1700 or jostrider@yahoo.com and Billie Teneau, 314-291-7860 or cyclist@aol.com.



OCTOBER



31-Nov. 2, Fri-Sun. Camp Mihaska 100 Weekend. Enjoy an autumn week-end of bicycle riding, hiking, or canoeing in the Ozarks just 72 miles SW of St. Louis. Drive I-44 to Bourbon, MO, then 2 miles south of Bourbon on Hwy. N to the Camp. On both Sat. & Sun. you may choose bicycling routes of 25 or 50 miles (routes cover part of the old Route 66). OR MIX AND MATCH your weekend. Bike one day, hike the next or canoe one day and bike the next. Fee includes breakfast Sat. and Sun. plus dinner Sat. night. Fee also covers road arrows, maps, SAG support, and lodging. REGISTER IN ADVANCE BY OCT. 20. Cost: \$49 per person if you stay in a room with 3-6 beds. If a couple wants a private room, add \$10 per person. If you sleep in your own tent, the fee is \$39. Event Coordinator: Dave Reiter, 314-406-2359 or davereiter1@earthlink.net.



The 2003 Moonlight Ramble® sponsors are

- Saint Louis Bread Co.
- KSHE-95 FM
- Budget Truck of Southtown
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- Gene Del Printing
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Budget Trucks of Southtown



GeneDel logo

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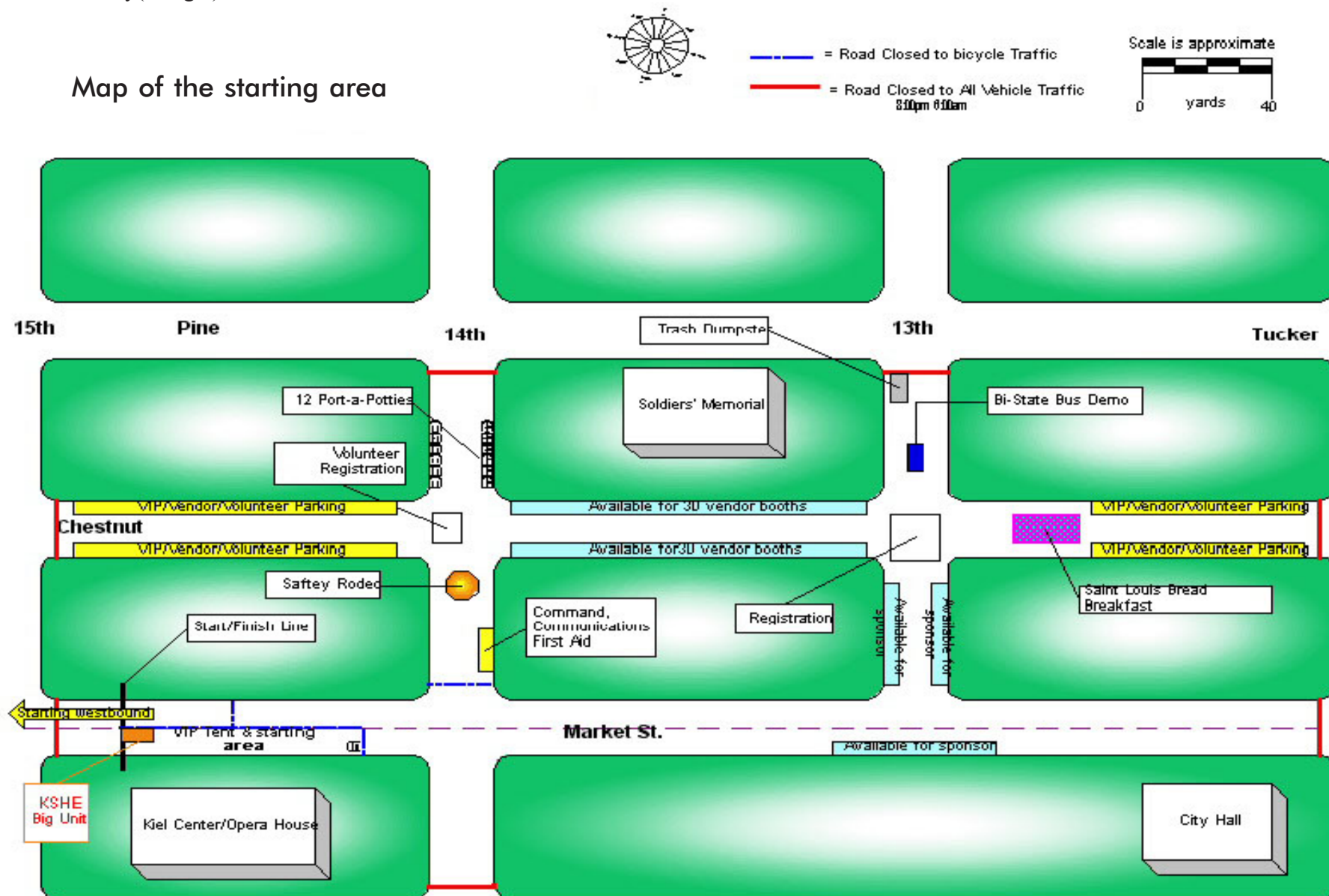
City museum

MOONLIGHT RAMBLE

TEN STEPS TO A HAVING A GREAT RAMBLE

- The Moonlight Ramble is not a race.** There are no prizes, awards official times or places. It is a leisurely meander along city streets. Take your time, maintain good spacing and have a good time.
- Buy a ticket.** Tickets are available at thirty-five local area bike shops, The Hostelling International office, 1021 Big Bend, Suite 2-N, St. Louis, MO 63117, by phone at 314-644-4660 and on-line at www.gatewayhiayh.org. Registration is only \$10.00 per person. Every rider must have a ticket. Group rates for groups of five or more riders are available at the HI office only.
- Leave the glass and alcohol at home.** This is an alcohol free, family event. No cans, bottles or alcohol are allowed in the starting area or on the ride.
- Bring and wear a helmet.** Mom, Dad, you bought one for your children, now buy and wear one yourself. Even if you "never wear a helmet" tonight you will be riding with 10,000 people you just met, on city streets that may have potholes, cracks, gravel, glass, or other hazards, at night. Helmets start around \$10.00. Just ask to see the selection when you stop at the bike shop to buy your ticket.
- Listen to the nice officer.** The men and women of the Police Department of Metropolitan St. Louis (about 50 of them) will be out directing traffic and working hard for YOUR safety. Help them out by stopping when they ask you to. There will also be volunteers at various corners to help with the traffic duties. The Ramble route is not closed to automobile traffic. The ride may have to pause to allow cars to cross. Last year we had the fewest injuries in more than ten years of Rambles (zero ambulance calls!). That's a streak worth continuing.
- Dust off your bike, pump your tires and check things out before you leave for home.** There will be only limited bike repair and tire pumping available at the starting area. A patch kit might be a good thing to bring.
- Stay on the right side of the yellow lines.** The Moonlight Ramble route (sorry, a secret until the night of the ride) is NOT closed to traffic. One head-on collision can ruin your whole day(or night).
- Keep your friends and family together.** Arrange a meeting place in case your party gets separated. While riding, keep an eye on your children, parents, and friends. Try to stay together.
- SAG service will be slow.** It will take ATLEAST one hour for a SAG pick-up. Try to finish the ride. For most people the Moonlight Ramble should take about two hours of gentle riding. See number six above.
- DO NOT TRY TO PASS THE LEAD POLICE VEHICLE. IF YOU ARE IN FRONT OF THE PACE VEHICLES YOU ARE OFF OF THE RAMBLE. IF YOU WOULD LIKE TO RACE A MOTORCYCLE, DO SO ON YOUR OWN TIME.** This is for your own safety. Every year we ask the same thing, and most years, someone tries it anyway. The Moonlight Ramble® is not a race. The lead vehicle will be going about twenty miles an hour. Relax and have a good time.
- See you August 2004 for the 40th Annual Moonlight Ramble®!

Map of the starting area



OTHER TRIPS

NATALIE G. KEKEISEN FLAT-AS-A-PANCAKE CENTURY

Ride a century to honor Natalie, an avid cyclist who inspired many a rider to complete that first (or fifteenth) century ride and to become ride leaders themselves. She planned and led weekly rides for HI/AYH, and originated CATSUP (Cycle Around The States University and Parks) that became CAMP, CAM, and then CAM+2. Proceeds from this ride will go to leadership training and Hostel development to help HI/AYH reach the goal of opening a Hostel in the St. Louis area.

Register in the NEW BADEN, IL PARK any time between 6:30 and 8:30 a.m. Plenty of arrows on the road plus maps will guide riders on this flat Century—100 miles or 100 km. Lunch served by the New Baden Lions Club can be a time for decision—if a little over half the ride is enough for you, your car is right there in the New Baden Park. This is a new route this year with long straight stretches of roads and plenty of places to get food.

SPECIAL FEATURES: All riders who finish a century (metric or mile) receive a Certificate AND a button to wear into work—bragging rights! ANOTHER NEW PLUS THIS YEAR: REGISTER IN ADVANCE TO SAVE TIME. Register and sign the waiver in advance so on Sun., Sept. 28, you can arrive, park, get your bike ready, get your map at the advance registration desk, and GOOOOOOOO! Whether registering in advance or paying on site, the fee is the same. HI Members \$12, Non-Members \$15.

DIRECTIONS; The New Baden Park is off Hanover St. (Hwy 161). From St. Louis take Hwy 64 east in Illinois to Exit 27. Go left on Hwy 161 and continue on to New Baden. (In town, Hwy 161 becomes Hanover.) Go through town on Hanover to the New Baden Park on the right.

Event Coordinators: Billie Teneau, 314-291-7860 or <cylist@aol.com>, John Jost at 636-464-1700 or jostclan@yahoo.com, and John Judd (Emeritus).



**One Volunteer group helping another
Community Radio KDHX 88.1 FM &
The Moonlight Ramble**

Together for St. Louis



Hostelling International/USA - American Youth Hostels

**Return to: Gateway Council HI/USA, 1021 Big Bend Rd. Suite 2-N,
St. Louis, MO 63117 Phone (314) 644-4660 FAX (314) 644-6192**

2003 Member Application Form

Please Print Clearly

First Name: _____

Last Name: _____

Address: *(Permanent U.S. address only)*

_____ street

_____ city

_____ state ZIP code

Phone #: (____) _____ - _____ **Birth Date:** ____/____/____
mo. yr.

E-Mail: _____

Membership Status: New Renewal
College Student? No Yes _____
(School Name)

Membership Category and Fee: (Check one)

(please add \$3.00 for postage & handling)

- Adult \$28 Youth Free (under 18)
 Senior Citizen \$18 (55 and over) Life \$250
 Group (Free to all nonprofit organization, minimum 10 members travelling together.)

Agent: Please Complete Immediately

Data Seal ID Number 060- _____

Issued: ____/____/____ **Expires:** ____/____/____
mo. yr. mo. yr.

- Duplicate Guest Stamps Redeemed (Circle: 1 2 3)
 Complimentary (State Reason _____)

Note: New memberships expire 12 months from month of purchase.
Renewals expire 12 months from expiration on current card.

Issued By MSA #: 063

Office use only: Method of payment: _____



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Fax (314) 644-6192
www.gatewayhiayh.org
E-mail: info@gatewayhiayh.org

The **G A T E W A Y**

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Thank You!

The Moonlight Ramble® would not exist without the generous support of our sponsors;

Saint Louis Bread Co.
KSHE-95 FM
Budget Truck of Southtown
Hanneke Logowear
REI
Gene Del Printing

HELP

Or the 300 or so volunteers who combine for more than 1,500 volunteer hours to put on the Ramble. Speaking of volunteers, we are signing volunteers up right now! Call the office if you would like to help!

We have positions available the weekend of the Ramble for both riders and non riders, the week prior to the Ramble in the office and at the office in the days following.

All volunteers receive a free Moonlight Ramble® T-Shirt and ride ticket.

Collector looking for Moonlight Ramble® memorabilia

A loyal Rambler is looking to round out his poster collection. He has an extensive collection but is missing the following years;

Anything prior to 1984
1996 thru 2000

Contact the editor if you can help
Big.al@mail.slacc.com

2004 will be the Moonlight Ramble's 40th anniversary! (Time flies when you pedal in the moonlight) Contact Mark Cockson after August 20 for your sponsorship opportunity!