

# Bears on Wheels Student Writing Contest

Many White Bear Lake Area Schools elementary students participated in an essay contest about bike riding. Winners were rewarded with a pizza and swimming party sponsored by White Bear Country Inn and Rudy's, \$50 per winner, courtesy of the White Bear Lake Rotary Club, and an invite to appear in the Manitou Days parade. The following are the winning entries:

## A Smooth Summer Ride

Picture this. It's a warm, sunny day. You're enjoying the hot air, soaking up the sun, while getting exercise all at the same time.

I love riding my bike on Lake Avenue. There is so much to see, like kids playing on the beach, people walking their dogs, and beautiful flowers along the trail. I just love the feeling of my pigtails blowing in the wind under my helmet.

Especially during the summer, I love riding my bright blue bike throughout downtown, and, if I get hot, I could stop at Cup and Cone and get a refreshing slushie. I would sit down on the bench and take in the fresh air of White Bear Lake. While cold, cherry flavored drops glide down my throat, cooling me down. Then I would start riding again, I look back and I can't believe how far I've gone! I am so content, elated, relaxed that I don't even know I'm exercising.

If you are looking for a great place to spend your summer, go to Lake Avenue!

*By Julia Covert, Fourth Grade, Lincoln Elementary*



## Brooke on Wheels

"Whoosh!" I flew past my friends. Then I zoomed down the hill. There was a giant puddle at the bottom, I was doomed!

It all started when my friends and I decided to have a race.

We said, "From my house, to the park, back to my house, on the trail." But we didn't know that there was a puddle at the bottom. I was in first going so fast then I stopped. Derek flew past me. I said, "No, there is a puddle at the bottom." Then I just decided to go for it. To my surprise the puddle wasn't that deep. Then the next puddle was much deeper than I thought. I went so slow I fell off the bike.

I got soaked and got right up and kept going. I caught up to Derek and won! After that we looked for Zack, we found him at the bottom of the hill.

Next time I race with my friends I will check race places before we race.

*By Brooke Tjernlund, Fourth grade, Otter Lake Elementary*



## CRASH!

Have you ever crashed your bike? Do you know what it's like being in the emergency room? Well, I know all too well and have the story to prove it!

One summer morning, my mom told me that for one week I was going to my friends, Joey and Katie's house, while she went to work. I was so excited to go to my friends' house.

Keegan, Joey and Katie's stepbrother, asked if we wanted to ride bikes to Floral Park, which is close to their house. We rode our bikes to the park. We played in the park for only five minutes before deciding to head home. We came to an opening that had a very steep hill. It looked so steep that I felt like it was going straight down!

We figured it would be best if we went down the hill one at a time. First Keegan went, followed by Joey and then it was my turn. I started down, I was going so fast I felt like I was going to fly off the bike! I was so scared, I closed my eyes and then, Crash! I went in the bushes followed by my bike. I stood up, picked up my bike and looked at myself. My lip was bleeding. I had three cuts on my face, they hurt so bad I felt like they were going to burst. We walked back, it took longer than I thought it would to get back. We got back and my mom came and picked me up.

My mom and I went to my house, picked up my dad and went to the emergency room. We were there for about three hours and I was fine. I stayed at home for a few days and then was up and running.

*By Shannon Barry, Fourth grade, Otter Lake Elementary*



## My Family Bike Ride

I felt the cold brisk wind in my face. I felt like I was floating. I was on my first 20-mile bike ride on the Gateway Trail.

At first I thought it would be hard but at that moment I have to admit I was having the best time of my life. My brother flew past me at lightning speed. It is around noon and I am starved. I asked my mom, "Can we stop for lunch soon?" Mom nods.

About 2 miles later we ride into St. Paul and stopped for lunch. I had three full glasses of water while we were there! Soon we got back on the trail and I felt very refreshed.

We had been gone for about four hours and we were about 14 miles in. Then I ran over a bump and got two feet of air! I was almost sure I would wipe out, but at the last second I regained my balance. That 10 seconds while I was in the air felt like 10 minutes. It felt like I was flying. I don't think I will ever forget that. For the rest of my bike ride I had a smiling face the whole time. That night I asked my parents if we could do that every summer.

*By Sandra Sardi, Fourth grade, Otter Lake Elementary*



## Wagon Ride!

One summer day in July, my sister Maria and I went outside to have some fun. We found a wagon in our garage. Maria wanted me to push her. Being myself I didn't think it was the safest, but she wanted me to... so I did.

We started in our driveway going around our parents cars and on the sidewalk. When we pushed each other on the sidewalk it made me a little worried because we were so close to the street. Then we figured out this wasn't the best place to do it because our dad didn't want us to go in the street or hit cars. We decided to try the hill between our neighbors house and my house. I didn't want to go because I thought it had too many big bumps. My sister wanted me to ride in the wagon, so I thought about it and... I still said no. There was no way I was going to do it. But I was still going to push her down the hill.

I pushed her 12 times. Nine times went well but the other three she fell. The first two times she fell was because she went over the really big bumps. The last time was when we stopped. Maria rolled into our backyard and fell into a patch of stinging nettles. It hurt her. We had to get our dad and he looked to make sure she was okay.

Then we went into our house to get our mom's advice on what to do. My mom gave Maria some medicine and she felt a bit better. At the end of the day she was okay. From this experience I have learned it is dangerous to ride in a wagon.

*By Anna Rose, Third grade, Otter Lake Elementary*



## The Medallion

We checked out the clues and tried to figure out where the medallion was hidden. My two brothers, Andrew and Colin, my mom and dad, Chris and Jen, and I, Nathan, all met up to decide where to search for the medallion. It took ages to decide where to look, but eventually my dad decided that it could be at the White Bear Lake Area High School.

Now we had to decide how to get to the high school. We thought we could drive to the high school; however, we decided it would be much more fun to just bike there. We then had to find our helmets, check our tires and I had to reset my speedometer, but soon we were off. I listened to my dad telling me which way to go to get there. Once we were there we had to park our bikes and hook our helmets on our handlebars. Now we were ready to solve the riddle. We began our search on the football field. Who knew there was so much equipment? We looked in things and on top of things, but did not locate the treasure. Then we discovered a new area — a path that we had not seen before. Our search continued, but we did not find the medallion. Eventually it was time to give up the hunting and bike home. I realized that the location could not be the high school because it was a school. That day, the medallion remained hidden.

A few days later we decided it could be close to Cup and Cone. We had another good reason to take a bike ride. Sadly, we did not find the treasure, but we enjoyed the ice cream. A few days later someone else found the medallion at Cup and Cone. We were disappointed to have been so close to finding it — but we enjoyed our bike rides and the excitement. We were so close. Maybe next year it will be our turn!!

*By Nathan Greene, Third grade, Matoska International IB World School*



## Tooth Ride

"OOOOOOWWWWWW!" "Is my tooth backwards?" I asked myself.

It all started a week ago. My dad was teaching me how to ride my bike. "Don't let go, dad!" I pleaded.

"I already did," he replied. Then I realized that I was doing it by myself. I couldn't wait to tell my mom, I thought she would be impressed. "This will be great without training wheels." I thought.

I got better and better over the next few days. Eventually I was good enough to bike by myself.

I was riding down my street and then I had an idea. "I am so good I can probably do that thing I see on TV where someone takes both hands off the handles." I thought to myself.

I lifted my hands off the handles and two seconds after I lifted my hands, my head smashed on the pavement. "OOOOOOWWWWWW!"

Then I remembered that my mom was a block away. "MMMoooooooooooooooooooo!" I screamed. But it was no use, she couldn't hear me. A couple of days before, I watched Indiana Jones and his teeth were crooked and my tooth was bent like his. "Am I Indiana Jones?"

At that moment my mom and sister came walking down the street. "What happened?"

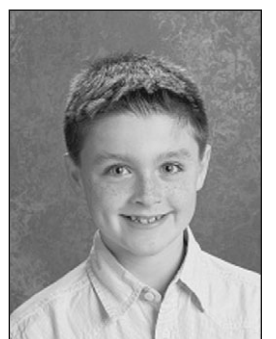
"I came down the street and then bang, I hit the ground." My mouth was bleeding and it is stinging. My mom walked me home and we left my bike at the end of the street. When we got home I sat on the counter as my mom looked at my tooth. "It is bent back," my mom said sadly.

"But mommy, it hurts really bad," I complained.

"It's okay." My mom said.

So now I know that I can't get no hands.

*By JR Vojtech, Fourth grade, Otter Lake Elementary*



# Jim and Marilyn Muellner are parade grand marshals

As this year’s Manitou Days parade grand marshals, Jim and Marilyn Muellner will buck the tradition of waving from a convertible. Their chariot of choice is a pedicab (a bicycle-powered rickshaw). Bicycles, after all, have been a centerpiece of their lives for the last few decades.

Jim went into the bike business after selling Smarte Carte, the business he founded that became the leading provider of airport luggage carts. Jim then launched Just Two Bikes, selling his signature two-person recumbent bike he designed himself. A three-wheel recumbent for one was added to the mix before Jim sold the business just a few months ago.

Jim, with support from Marilyn, also started the ReCyclery. A network of area volunteers accepts donated used bicycles and refurbishes them. A few of the bikes are sold to fund parts for other bikes. Most of the bikes are donated to organizations or individuals in need.

The couple has participated in the Ride Across America for multiple sclerosis several times. Jim also has biked across the country lobbying community leaders to invest in bicycle trails. He also started the Papa Bear Bike Ride that was a Manitou Days event for many years.

The Muellners have been involved in the community in other ways, as well. Marilyn has served on the board of directors for the East Metro Women’s Council and the White Bear Lake Area Educational Foundation. She also hosted a cable access show for a number of years and was a Manitou Days parade narrator for the cable rebroadcast of the parade.

Jim is a member of the White Bear Lake Rotary Club. The two also are supporters of Lakeshore Players and the White Bear Center for the Arts, and are active members of St. Mary of the Lake Church.



PHOTO BY KRISTINE GOODRICH

Marilyn and Jim Muellner pose with some of the donated bicycles that the ReCyclery will refurbish and donate.

## Pedal 1 of 3 routes for charity

A new bicycle ride offers three distance options as well as lunch and music, and all proceeds go to charity.

White Bear native Mike Fredericks is organizing the Bears to Pedal Family Recreational Bike Ride that will take place on Sunday, June 22. Families can cycle through a 4-mile course. For the experienced adult riders, there are 30-mile and 46-mile options.

All courses start at White Bear Lake Area High School-South Campus and end at Lakewood Hills Park.

The family ride breaks at Joy Park for a treat. The 30-mile ride heads to the Gateway Trail for a scenic ride to Pine Point Park and returns on local roads. The 46-mile ride adds a loop from Pine Point Park to Big Marine Park Reserve and back. Rest stops are available every 8-10 miles on the longer treks.

Before the rides, there will be an optional nondenominational worship service. After the rides, a light lunch will be provided and a Dixieland band will perform.

Cost is \$10 for youths and \$25 for adults. Sponsors Just Two Bikes, Gateway Cycle and Penn Cycle & Fitness are helping pay some of the ride expenses. All net proceeds will be donated to the White Bear Lake Guild of the Children’s Hospital Association.

Guild member Kim Johnson and Fredericks’ friend Don Larsen are helping organize the event. Volunteers are needed on the day of the ride to set up, staff rest stops, serve lunch and help with other logistics.

Fredericks said he plans to make the ride an annual event. The retiree has had plenty of experience in the bicycling industry. He once ran the bicycle rental and repair shop at Yellowstone National Park, organized a bicycling vendor show and published Minnesota Cyclist magazine.

For more information about the Bears to Pedal ride, and to register or volunteer, go to bearstopedal.com.

1<sup>st</sup> Annual, White Bear Lake

# Bears to Pedal

Family Recreational Bike Ride

Sunday, June 22, 2014

Proceeds from this event go to The Children's Hospital Association, White Bear Lake Guild

**Map Legend**

- 4-Mile Kiddy Route
- 30-Mile Intermediate Route
- 46-Mile Champions Ride
- Major Roads
- Turn Here
- Start WBL High School
- Finish Food, Activities
- Restroom
- Information
- Rest Stop
- Parking

### Essays/From 15

#### “The Day”

It was a bright sunny day and I was ready to get on my bike but I didn’t know this would be “the day.” My brother and I were going to take a bike ride around my house. My dad was pumping up my tires while my brother went around the cul-de-sac to warm up. When my tires were finally pumped up my brother and I started our bike ride.

First we rode down the grassy hills in my backyard then onto the path behind my house. After about a minute of going super fast down the path, I heard a noise coming from the back of my bike. It sounded like a clunking sound. After that I heard a loud whirring sound, then I found myself on the ground with a scrape on my knee and blood going down to my foot.

By brother caught up to me and helped me get up. In my basket we found an empty potato chip bag, we used that to wipe up the blood. After that we walked our bikes back up the hill and told my dad. My dad said my chain was spinning around so fast it got off track. I went inside, washed my scrape off and put a huge band aid on it. It’s been two years and I still have a scar on my left knee.

I never knew how useful a potato chip bag could be.

By Alaera Knutson, Third grade, Otter Lake Elementary



#### The Time I had an Extreme Bike Crash

I felt a soft, cold wind pressing against my face as I was racing down the hill on my favorite bike wearing my favorite flip flops. I was almost at the bottom when a squirrel ran into the middle of the road right into my path.

The squirrel did not move. I was a couple of feet away from him and I knew I had to bail. I tried and I couldn’t move, my shorts were stuck to the seat. I didn’t want to kill the squirrel and I couldn’t turn, so I drifted to the side at a 45 degree angle. I knew I shouldn’t have done that because there was a rock that I didn’t notice until I ran over it. I flipped into the air, landing on my knee, rolling down the rest of the hill. I got up and grabbed my bike.

I went to the top of the hill and tried again. This time I made sure that there was nothing in my way. This time I went down the hill faster than a race car. Then half-way down the hill a screw came loose on my bike and I swerved straight into the path of a giant oak tree. I ran into the tree and I am pretty sure I passed out. When I woke up I felt a big bruise on my forehead. My knee and my elbow and arms were bleeding. I walked home and bandaged up the places that hurt.

This was a really fun but hurtful experience. I don’t know if it was just bad luck or I had no idea what I was doing. Now I know that you should not wear flip flops when you are riding a bike. I also know that you should make sure that your bike does not have any problems.



By Jayda Collins, Fourth grade, Otter Lake Elementary