



APRIL 2008

THE BICYCLE POST

BICYCLISTS OF IOWA CITY, INC.
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

RAGBRAI DIRECTOR TO SPEAK AT APRIL 24 MEETING

Last year, RAGBRAI brought us a flat route, but not so this year. The 471-mile ride checks in at double the climbing of last year and hits the RAGBRAI record books as the 11th hilliest.

On **Thursday, April 24**, RAGBRAI director T.J. Juskiewicz comes to our general meeting at the Coralville Public Library to fill us in on the route, plus other essential RAGBRAI stuff. Although T.J.'s talk begins at 7 p.m., plan to show up around 6:30 to snack on Barb Goff's famous pies and chat with friends.

[Note from Barb Goff: "Barbara's Bake Shop" has an opening for an assistant on the afternoon of the meeting to provide some company and a helping hand in the kitchen.]

[Another note: Yes, the meeting really is on

Thursday this year, so that folks can go on the Wednesday ride.]

[Yes, one more note: Lots of easy parking at the CPL!!!]

This year's route will cover several segments of our club rides, going through towns like the Amanas, North Liberty, Solon, Mount Vernon, Lisbon, and Tipton. There will even be a climb up Mehaffey Bridge Road from North Liberty this year.

At the meeting, you'll have a chance to ask TJ questions about those towns and others, and he'll enjoy hearing about your intimate knowledge of every speck of the roads that many of us know so well.

While you're at the meeting, break out your checkbook and pick up a BIC t-shirt or jersey. See you April 24!

INSIDE THIS ISSUE:

BIC Board Meeting Minutes	2
Iowa State Road Race Championships	2
Wednesday Evening Ride Schedule	3
April Ride Schedule	4
West Shoreline Tour	5
Memorial Weekend Ride Registration	6

DEVOTAY 3D RIDE



Extra, Extra, Extra Special 3-D Ride
Mark your calendar now!



Date: **Sunday, April 6**

Time: 9:00 AM Sharp

Ride Start: North Liberty Community Center (520 W Cherry Street)

Ride Leader: Steve Rudin

You may wonder what a 3-D ride is. The 3-D's stand for **Delightful, Devonian, and Devotay**. This ride will offer a blend of biking enjoyment, historic interest, and conclude with a wonderful buffet that will appeal to anyone who enjoys fine dining.

The ride will loop the Coralville Reservoir (about 21 miles). Following the ride we will meet at the Devotay Restaurant, 117 N. Linn Street, at noon. Our wonderful hosts, new BIC members Kim & Kurt Friese, will treat us to a specially priced buffet for only \$8.00. This is the real deal!

Should we have inclement weather that day, the ride will be cancelled but the dining will take place as planned.

Please RSVP to me by April 2 if you are planning on participating or have questions, I can be reached at 319-626-6369 or chaserudy@southslope.net.

THANK YOU Kim & Kurt for this wonderful opportunity to enjoy a very special day.



Bike To Work Week
is May 12-16, 2008!

See next month's newsletter for the many events planned, like the breakfasts and Mayor's Ride on Wednesday, May 14 (with great food provided by New Pioneer Co-op).

BIC BOARD MEETING MINUTES

January 17, 2008

Submitted by Rick Walton, Secretary

Present: Rudin, Goff, Berkowitz, Loring, Maddix, Walton, Parrott, Doak

President Rudin: Brief recap of 2007. Good year. Looking forward to 2008. Work has begun on many BIC activities and changes. Will start calling for volunteers for the Criterium.

Vice Presidents Goff & Berkowitz: Holiday party was good. Participation down; many members unable to attend. Ideas for the party next year. Discussed Feb 27 General Meeting. Board members encouraged to attend meetings and events.

Treasurer Stewart (Absent): Report and distribution of financial tallies by Rudin. Finances are sound. Moneys from AHTCC (AMISH Century) to be transferred to Hills Bank.

Membership Cronk (Absent): New membership list generated with current addresses, although some are outdated. Membership list to be discussed at next meeting.

Touring Maddix: Alvin Miller has volunteered to lead Tuesday rides (Palmberg will no longer lead these). Maddix is developing innovations, such as cue sheets, contour maps, etc. Ride cancellations and other info are on the Website. Leaders will be contacted earlier if rides are cancelled. Leaders encouraged to contact Touring Director as to condition of roads, hazards or other problems. Regional ride leaders to be identified, that is those that live closer to ride starts. There is renewed interest in gravel road rides. Details yet to be determined. Maddix will do a survey of membership of various BIC activities.

RAGBRAI Parrott: Sign-ups at about 130. 155 is the maximum and Feb 1 is the deadline. Communication has been good with signees. There is interest in various services (tent set-up, showers, etc)

AHTCC: Chapleau has resigned; no replacement has been identified.

Editor Doak: Discussed the option of an electronic newsletter. Saves printing and mailing costs. Jerseys have sold well, still some available. BIC is close to break-even on jersey procurement and sales, which was the objective.

Education and Safety Loring: Bike to Work Week is being organized with BIC participation. Bike Summit is the end of this month in Des Moines; Wyatt is principle in this activity.

Publicity Copper (absent): BIC ride descriptions are again in the Gazette.

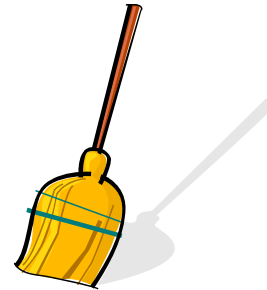
Webmaster Maddix: Web is continually being improved and frequently updated. Revised By-Laws to published on the Web soon.

Old business Rudin: Discussed and critiqued the amended and restated Articles of Incorporation and the By-Laws; Berkowitz and Hahn performed this task. Minor changes, mostly in wording, were suggested and included. The changes will be on the Website for the membership. Voting will be at the next general meeting February 27, 2008.

New Business Rudin: BIC will help sponsor BTWW with a donation of \$500. We will do breakfast (Rudin, and Walton will help). May 12-16 is BTWweek. Discussed the possibility of an IC family event, such as a picnic in the late summer. BIC furnishes the meat, others bring a dish. There was general support, but no specifics yet.

OLD CAPITOL CRITERIUM

I would like to thank all of you faithful volunteers who have stepped up to work as corner marshals for the Old Capitol Criterium on Sunday, April 27. Just a couple of little reminders, please arrive a half hour early to check in and bring a broom with you also. This event will take place rain or shine. Let's hope for some great weather this year. If you have questions, please feel free to contact Steve Rudin at 626-6369 or Michelle Cole at 319-350-2263.



IOWA STATE ROAD RACING CHAMPIONSHIPS

Iowa State Road Race Championships will be held in West Branch on **August 2, 2008**. For the past several years this event had been hosted in Sherrill, Iowa (north of Dubuque) by the Chain Reaction Bicycle Club. This is a state championship event, meaning the top 3 Iowa riders for each category will win gold/silver/bronze medals and will be recognized as the 2008 Iowa state champions.

Hoover Days are scheduled in West Branch on August 2 also, so activities are being planned to promote both events.

The plan proposed by the Iowa City Cycling Club and G4 Sports Marketing is to have the race start in downtown West Branch, and head north on Downey Street out of town. It will proceed north and then turn east towards Cedar Bluff. They are considering a route that would actually go through Cedar Bluff and then rejoin up with the main highway to continue eastward until they get to X40, where they would turn south towards Buchanan. They would continue south through the Cedar Valley area and then turn back towards West Branch when they reach Springdale. The projected finish line for the race would be on the east side of West Branch. These routes are familiar to many BIC riders.



WEDNESDAY NIGHT RIDE SCHEDULE

YEAH! IT'S BEEN A LONG WINTER! LET THE RIDES BEGIN!

DATE	MILES	DESCRIPTION
April 2 5:30 PM Weber School	23 miles	Meet at Weber School on Rohert Road. This ride will take you on a gravel road for 1 mile. We will ride south to Sharon Center and go west to Frytown, then north to Windham. To finish the ride we will loop back to Weber School. We will snack at Bob's Your Uncle, 749 Mormon Trek Blvd. For Questions call Lynn Rose at 341-7886.
April 9 5:30 PM Hills	18/28 miles	Meet at Hills School, just east of the 4 way stop. Your ride will take you into the intriguing Amish country. We will ride west on some of the most scenic country roads. Our ride will go through Sharon Center, Frytown and loop back. We will dine in Hills afterwards. For questions call Donna Hamm at 351-3664.
April 16 5:30 PM North Liberty Herky St.	27 miles	Meet at Herky St. and Stoner Ct., first left over I-380 overpass, west of North Liberty on Penn Street/F28. We will do the Oxford-Tiffin loop, stopping at The Depot in Oxford to regroup. We will then return to Herky St. and then proceed to Rookies for snacks and chat. For questions call Mark Stinski at 626-6477(H), 335-7792(O), 319-321-2358(C).
April 23 5:30 PM Solon School	20/27 miles	Meet at the new Solon High school on 180 th in Solon. The ride will go out the old Sutliff Rd. and then west on 140 th . The route will retrace back to Solon or add a 7 mile hammer head to Sutliff. Later we will chat and chew at a diner of your choice in Solon. For questions call Steve Rudin at 626-6369.
April 30 5:30 PM Hills	27 miles	Meet at Hills School, just east of the 4 way stop. Our ride will take us east out of Hills toward Lone Tree. This ride promises to be very pleasurable with relatively no hills and great road surface. After the ride we will eat in Hills. For questions call Tom Ray/Kathy Sharp at 351-6798(H), 331-0799(C).

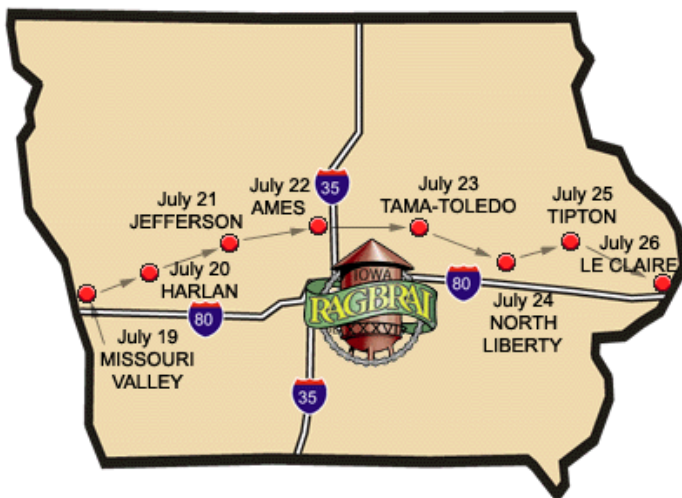
RAGBRAI® NEWS!

Hello Ragbrai riders! Hope everyone is dusting off the cobwebs and ready to hit the road as the ice and snow slowly fades away.

Although I hope all of you who have signed up for Ragbrai with BIC are able to join us in July, no doubt some of you will have a change in plans. The cancellation and refund policy basically rests on whether or not you or I can resell your package. You are welcome to find someone who wants your place, or let me know and I may have someone on a waiting list. It can usually be accomplished, but as the ride gets closer, I may or may not have time to assist.

If you have ordered a Ragbrai jersey, it cannot be exchanged or returned as they are personalized for BIC. Of course, you would want to keep it anyway, as a reminder of the ride you would no doubt regret missing for years!

Happy trails,
Karen



APRIL 2008 RIDE SCHEDULE

All riders must wear helmets

The ride schedule is conditional on weather. If conditions appear adverse, call the listed ride leader one hour before bicycling departure time (start).

Ride Levels
 Casual 6-10
 Intermediate 10-15
 Advanced 15-up

All skills are invited. Members strive to be considerate of all attendees.

Routes depend on weather and group choices. **BIC cancels if the temperature is below 32°.**

Be considerate; arrive 15 minutes before the start time to prepare your bike. Start means bicycling, not arriving!

Note the April time change!



Amanas

SAT Apr 5 10:00
N. Liberty Herky Street
Hard surface roads 34 miles
Gravel Less, but feels like more
Al Frauenholtz 330-0781

Gemütlichkeit Nachmittag!

Herky Street is 300 yards west of I-380 Interchange 4. Safe parking is at the dead end. What could be better than a day in the Amanas? We should arrive before noon and could have brats and beer in our hands at midday. If you are adventurous and have a cross-bike, there is a gravel-road route option. Use your own judgment to assess road conditions.

D-D-Devotay

SUN Apr 6
9:00 N. Liberty Com. Center
22 Miles Dam/Sugar Bottom
12:00 Lunch at Devotay
Steve Rudin 626-6369

Meet on the west side of the Center. After a Delightful ride past the Devonian gorge, bikers will reconvene at noon at Devotay. Our bicycling friends, the Friese's who own Devotay, are hosting this event. Lunch will cost \$8.00. See the write-up in this newsletter for more information.

D-D-D

Mandatory Reservations
Steve at 626-6369 by April 2!



SAT Apr 12
10:00 Napoleon Park 15/33/43/58
10:30 Hills E.S. 18/28/44 Miles
Gail Garwood 337-5593

Amish Country, Wellman

A start from Hills school reduces ride length by 15 miles. There are many distance options, and many places to stop on Saturday in Amish Country. Bring a friend and enjoy spring!



SUN Apr 13 10:00
North Liberty Community Center
Sharon Doak 626-6834
16, 32 & 45 miles

Direct Route Solon & Sutliff

This route will go directly from North Liberty to Solon, Sutliff and points beyond.



SAT Apr 19 10:00
Herky Drive, North Liberty
Oxford/Windham/Tiffin
26/38/51 miles
Steve Swails 337-4272

Visit the new Cajun Restaurant, Augusta in Oxford, and/or choose a loop of choice over rolling hills.



SUN Apr 20 10:00
Weber School
Windham &/or Dirty Face Creek
20/23/28 and more miles
Tom Conway 338-4880

There are many options in this part of Johnson County. The shortest route would be Windham. Loops through Amish Country could add miles.

See the entry form in this BICPost
Motel rooms released April 24

Memorial Weekend in Wisconsin

Limit first 25 registrants



May 24 - 25



SAT Apr 26 10:00
Dodge Street Hy-Vee
Jan Stewart 338-2396
28, 32 & 46 miles

Sugar Bottom, Solon & Sutliff

From Hy-Vee, bicyclists will travel to Solon via Sugar Bottom. Others could start from North Liberty & Coralville and merge en route; call someone!



Capitol Criterium Sunday
Volunteer corner marshals call
Michelle Cole (319) 350-2263

SUN Apr 27 8:00
From Herky Drive
Show 'n Go ride
Tiffin, Oxford, or Little Amana
26/38 or more miles.

This is an early morning ride for **criterium corner marshals**. Depending on weather and preferences, the group will decide routes and distances.

MAIFEST IN AMANA

Saturday, May 3

Parade at 10:00
Renaissance Fare
From Herky Street 8:30 AM
Amana Trailhead 9:30 AM

MEMORIAL WEEKEND TOUR

The 30 riders on the 2007 tour taxed accommodation and sag capacity. This year, a limit of 25 riders will enhance everyone's enjoyment. We expect to reach this limit early and advise quick action. Find the entry form in this newsletter.

The 2007 tour will ride ridges hugging the Mississippi River. The route follows the Great River Trail from Dickeyville to Cassville. Cassville offers a ferryboat and numerous taverns to accommodate passengers. Here, the route turns east toward Platteville, a University of Wisconsin town. After our famous wine and cheese party, bicyclists will find dinner in a town offering many choices.

On Sunday, we pass Belmont, the originally proposed state capital site, when Iowa, Minnesota, and other states were part of Wisconsin. From there, we will turn south towards lead mining country. Expect outstanding scenery as well as local color.

Did you know the Badger nickname came from miners who resembled the badger? Minors emerging from holes were dangerous to engage.

IMPORTANT DATES Memorial Weekend

April 24

Motel releases BIC room block.

May 1

Expect to be at 25-rider limit and close registration.

May 14

Maps and ride information in mail to registrants.

May 24

Meet at North Liberty Community Center to transfer luggage. Sag leaves at 6:00 AM for Dickeyville.

WEST SHORELINE TOUR

Looking for a new biking adventure with two great guys? This is the real deal. Tim Cornelius and Steve Rudin will be biking the West Shoreline Tour, along Lake Michigan, **August 2-9, 2008**. We would love to share this experience with anyone who would like to join us.

The West Shoreline Tour is 412 miles and is limited to 500 riders. The fee for the 7-day tour is \$325. Please check the League of Michigan Bicyclists at www.lmb.org or contact Steve at 626-6369 if you have questions.

Ride Description: The 7 day Shoreline West Bicycle Tour takes the scenic route from Spring Lake to the mighty Mackinac Bridge. View historic lighthouses, pristine orchards and farms, swim at sugar sand beaches, and climb the dunes...grab a fresh lunch and picnic along the route in "Michigan's Playground" and ride through the Tunnel of Trees. The terrain is never mundane as it varies from flats, rolling hills, and many challenging climbs. Mileages per day range from 44-71 miles.



"PIRATES OF THE CORRIDOR"

North Liberty announced their theme for hosting RAGBRAI! There is much planning to do before thousands visit the town on Thursday, July 24! Please consider volunteering to serve on one of the committees. Please visit <http://www.northlibertyiowa.org/ragbrai/index.htm> and let the RAGBRAI committee know you are interested.





Memorial Weekend to Platteville

May 24 - 25, 2008

Saturday 40 to 71 Miles* Sunday 44 & 56 Miles

Welcome friend, we are glad you are joining us on this adventure.



Join the fun if you will not bike!

BIC holds sag drivers in high esteem.

To volunteer, call Steve Rudin 626-6369 for information or e-mail him at chaserudy@southslope.net

Bicyclists on last year's tour to Caledonia, Minnesota, thoroughly enjoyed the ride and camaraderie. **Once again, enjoy the adventure! Expect comfortable accommodations, lots of laughter, pleasant surroundings, and good food.** On Saturday, May 24, we will bicycle quiet country roads from Dickeyville, WI, to the Super 8 in Platteville, WI – a university town. Just as we did last year, we will bicycle the Driftless Area, a region the last glacier did not level flat like the surrounding plains. Expect similar hills and spectacular scenery.

Meeting Places Saturday

We will have luggage transport, maps, cue sheets, and Sag support. We plan to depart from the North Liberty Community Center on Saturday **no later than 6:00 AM**. Dickeyville is on US-151 eight miles from the US-151 bridge, about 13/4-hour driving time. Information mailed in advance will aid in arranging carpools. Registrants will also receive a map of the meeting place in Dickeyville and route details to enhance enjoyment.

Start on Time

Please plan to arrive in Dickeyville before 7:30 to unload your bikes. We will leave town at about 7:45. As noted, participants will receive detailed route plans a week prior to departure, **if applications are timely**. We will try to keep bicyclists in matched groups to facilitate sag support.

Bring a tolerance for nature's whims, a sense of adventure, and money for food. There will be space for a tiny bag in a Sag. Sags are emergency vehicles, not a personal taxi service, and all riders should be prepared to complete the distance they select. If the weather suggests a later start en route, alternative plans and maps will be available to cover all contingencies.

There are 16 BIC rooms reserved at the Super 8 in Platteville with special BIC rates of \$64 for a single double bed and \$71 for two double beds, tax included. The inn offers breakfast, but few other amenities. Because Platteville and Dickeyville are only about 11 miles apart, those who want to spend Friday night could stay two nights in the same motel. Be certain to ask about cancellation rules. Wisconsin is tough.

Routes

There are cutoffs and extensions to provide mileage of choice. Saturday, we will start by dogging the Mississippi on the Great River Cycling Trail. Towns on the route include Cassville, notable for a ferry across the Mississippi. We plan to have our famous wine & cheese social shortly after bicycling into Platteville. Sunday's routes will use entirely different scenic roads. Highlights include Wisconsin's original capital near Belmont. Lead Mine has a population of a dozen badgers and six bars. New Diggings has a spectacular climb south towards Galena, but we will only look at the hill and continue west.

* Incremental distances range from 7 to 10 miles.

Limit First 25 Registrations

Sag capacity & accommodations impose this limit!

Reserve your rooms early.
Super 8 will RECLAIM unsold rooms on April 24.
Call Super 8 at 608 348-8800
Hwy 80/81 & Business 151

Registration Form (Form may be reproduced.)

1. Use a separate form for each rider.
2. Complete form, sign release, and mail with **\$35** check payable to:

BIC
P.O. Box 111
Oakdale, IA 52319-0111

Print legibly please!

Name		Age	
Street Address			
City		State	Zip
Home phone	Emergency phone/name		

READ and SIGN Liability Waiver

IN CONSIDERATION of being permitted to participate in this event sponsored by the Bicyclists of Iowa City, Inc., I, for myself, my personal representatives, assignees, heirs, and next of kin do execute the following release.

Release from Liability

I am aware of the risks of bicycling, and I voluntarily assume these risks. I understand that ride organizers and sponsoring organizations are not responsible for my personal safety. I do hereby for myself, my heirs, executors and administrators waive any and all claims for damages and causes of action of every nature which I may have, or which may hereafter accrue to me, against the ride leaders, Bicyclists of Iowa City, Inc., and other sponsoring agencies, during the participation in bicycling events, and during the travel to and from these events.

All participants must wear helmets.

Participant's Signature	
Participant's printed name	Date
Signature & Parent or Guardian (for riders under 18)	

Bicyclists of Iowa City, Inc.

Membership Application

BIC, founded in 1976, is a group of area bicyclists interested in all aspects of cycling. BIC is affiliated with BICYCLE USA—The League of American Bicyclists and Adventure Cycling. Membership is open to everyone with an interest in responsible bicycling.

Date: _____ New Renewal

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email address: _____

Occupation (for statistical info): _____

Bicycle interests: Commuting Touring Racing

Membership Categories:

IN IOWA

Individual, \$20/year

Sustaining, \$25/year, minimum. Your gift helps cycling in Johnson County. THANKS!

Family, \$30/year; please list family members

OUTSIDE IOWA

Out-of-state Individual, \$25/year

Out-of-state Family, \$35/year

Waiver: I do hereby for myself, heirs, executors and administrators WAIVE any and all claims for damages, demands, and causes of action of every nature which I may have or which may hereafter accrue to me against any and all members of the organization and sponsoring agencies during participation in organization events or during travel to, and return from, such events.

Signature of Applicant

*Signature of Parent or Guardian (If applicant is 17 years of age or younger, parent's or legal guardian's signature is required.)

Please do not include my name or address when BIC releases its mailing list to businesses or organizations providing services of interest to bicyclists.

Some of BIC's activities and interests include:

- Club meetings, watch newsletter for details
- Newsletter, The BICycle Post
- Weekend day rides and weekend overnight rides
- Annual RAGBRAI® travel arrangements. Please note: to participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.
- Extensive web site of club activities and area/national bicycle resources at www.bicyclistsofiowacity.org
- Assistance to Old Capitol Criterium Bicycle Race organizers
- Promotion of responsible bicycling as enjoyable transportation, sport, recreation, and fitness
- Strong, active advocates for municipal, regional, and state cycling issues
- Member discounts at local bike shops

BIC's success depends on your active support!

Please help by marking one or more of the following:

- Ride leader: Short Medium Long
- Newsletter: Writing Editing
- Publicity
- Local advocacy
- Thursday Evening Leisure Rides
- Wednesday Evening Rides
- Programming: Arrange speakers for meetings
- Membership: Process applications and data
- Old Capitol Criterium: 150+ volunteers needed for a variety of tasks
- Amish Harvest Tour to Cure Cancer Ride: Registration, refreshments, course markers, etc.
- Sag Wagon: provide motorized escort for rides
- RAGBRAI®
To participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.

Send application and check/money order to:

Bicyclists of Iowa City
P.O. Box 846
Iowa City, Iowa 52244



Support your local bike shops!



BICYCLISTS OF IOWA CITY, INC.
SERVING JOHNSON COUNTY
BICYCLISTS SINCE 1976

The BICycle Post
PO Box 846
Iowa City, IA 52242-0846

To continue receiving your BICycle Post, you must renew before your membership expires. Expiration date is printed above your address. Application form is inside!

APRIL 2008

BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

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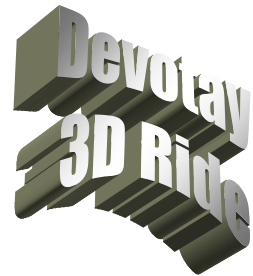
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**Sunday
April 6**

VISIT BIC ON THE WEB AT
WWW.BICYCLISTSOFIOWACITY.ORG