



AUGUST 2008

# THE BICYCLE POST

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

## BIC FALL FAMILY/FRIEND PICNIC



Enjoy the park's beauty while riding around the loop before the meal and you will surely work up an appetite. Or enjoy a ride around the park after you have eaten. Please remember safety first, helmets are required. There will be an assortment of games and prizes to be shared by the entire family.

Our first annual BIC fall family (or friend) picnic will take place on **Sunday, October 5, 2008** at **Kent Park**, located just West of Tiffin on Hwy. 6. We will meet at the Bob White Shelter, located across from the East loop. Please feel free to join us between 11:00-3:00. We will start eating around noon. Meat, beverages, dessert, and table service will be provided by BIC. Please bring a covered dish to share.

To RSVP please contact Steve Rudin by October 1 at (319) 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net). We look forward to seeing you there!



## 140 MILES FOR SMILES!

A group of 8 motivated triathletes are raising \$20,000 to benefit children affiliated with Big Brother Big Sisters in Iowa City & Cedar Rapids. They will compete in the Ironman Wisconsin on Sept. 7, 2008 in Madison, WI. An Ironman consists of a 2.4 mi. swim, 112 mi. bike ride, and a 26.2 mi. run, for a total of 140.6 miles all in one day! Thus – 140 miles for smiles was created. Their mission is to raise enough money to buy 140 lucky children a bike. That's a new bike for a child for every mile of the race! In addition each child will receive not only a bike, but also a helmet, a bike lock, and a bike safety/instruction course.

The BIC Board voted overwhelmingly to

support Miles for Smiles by donating \$1000. The Board had been searching for another way to support kids and bicycling in the local area, after giving a few bikes away to kids during a past holiday. Supporting Miles for Smiles fit well with BIC's goals of helping children in Johnson and Linn counties to receive their first bike!

The 140 Miles for Smiles bike give away will be on September 14, 2008, at the Johnson County Fairgrounds from 10:00 am - 12:00 pm.

Go to [www.140milesforsmiles.com](http://www.140milesforsmiles.com) to see the athletes and for more information.

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### Biking Tip of the Month

Road surfaces frequently have bone-jarring, teeth chattering cracks and expansion joints. These are often the widest and deepest where the automobile tires travel, that is, toward the center line and toward the outer edges of the road. Usually, the smoothest and preferred area to ride is the center (crown) of the lane, traffic permitting.

This tip is from Rick Walton. Send your bike tip to the editor: [skdoak@yahoo.com](mailto:skdoak@yahoo.com)



## THANK YOU FROM LYNN ROSE AND SUE BODE

Thank you BIC members! Sue and Lynn would like to thank all of the BIC members that donated money, donated goodies for our bake sales, and made purchases at our bake sales to raise money for breast cancer research and education. We reached our fund raising goal in mid June and our walk is scheduled for August 8-10 in Chicago. We will be walking 60 miles over three days. All we need now is moral support. If you see one of us on a bike ride or in the community, please ask about our training and planning for the three day walk. Thanks again for your help and support. We both appreciate it very much.



## BIC BOARD MEETING MINUTES

**May 20, 2008**

Submitted by Rick Walton, Secretary

Present: Rudin, Walton, Maddix, Doak, Copper, Berkowitz, Heitbrink, Stewart.

Absent: Goff, Cronk, Parrott, Chapleau, Loring.

Guests: Tom and Jackie Bailey.

President Rudin: Thanked volunteers who worked the Criterium and B2WW. Bike Rodeo at Sugar Bottom Bikes in North Liberty was a success. Thanks to volunteers and to Sugar Bottom bike shop. St Luke's sponsored the Rodeo. The breakfasts for the B2WW were well attended and successful.

Introduced Tom and Jackie Bailey. Their son, Seth passed away from sarcoma in October 2003. Their interest is to help fund research on sarcoma. They organized a bike event to raise money for the Holden Cancer Center and wish to continue in partnership with BIC on the Amish ride. Monies raised are placed into an endowment with the University of Iowa.

Vice Presidents Goff and Berkowitz: April general (RAGBRAI orientation) meeting could be changed somewhat. No decisions reached. The July general meeting will be the preRAGBRAI session on packing bike boxing, etc. Rudin also supports a change in the format for this meeting. No decision was reached.

Treasurer Stewart: There was a \$500 gift for AHTCC (Seth Bailey fund). We also donated the monies for the B2WW breakfasts. The BIC financial situation is stable.

Touring Maddix: Ride for Silence organized (not a BIC event). Proposed is another Devotay event for Sunday, October 19 at 1:30. The last was successful but overcrowded; there may be a limit at successive events.

AHTCC Chapleau: Absent. Chapleau is not a co-chair, but is helping and is still involved. Copper will also assist with the event.

Editor Doak: Thanked all for helping in getting out Newsletter early.

Education and Safety Advocate Loring: Absent, no report. BIC compliments Loring with his work on B2WW.

Publicity Copper: Has press releases to the papers regarding RAGBRAI in June and July. Copper met with the UIHC publicity people to

## BIC BOARD MEETING MINUTES

plan strategic involvement with the AHTCC ride. Copper will be certain that BIC receives proper recognition on these publicity issues. The Officers complimented Copper on her commitment and effectiveness as Publicity Director.

Webmaster Maddix: The website continues to be recognized for its quality.

New Business: Discussed BIC picnic slated for October 5, 2008 in the Bob White shelter at Kent Park.

Copper discussed the Big Brothers/Big Sisters program. There will be a fund raiser to purchase and distribute 146 bikes. BIC could be a sponsor for this event; different options were discussed with no conclusion.

**June 17, 2008**

Submitted by Rick Walton, Secretary

Present: Rudin, Walton, Maddix, Doak, Berkowitz, Heitbrink, Stewart, Goff, Loring, Copper, Parrott, Chapleau

Absent: Cronk

President Rudin: Kudos to Scher for organizing a great Memorial weekend ride. Crowd was small, but all had a good time.

BIC will inform our RAGBRAI riders of the poor conditions on E45.

Vice Presidents Goff and Berkowitz: July 15 general (preRAGBRAI) meeting is organized.

Need volunteers to clean equipment and store BIC items on Sunday after RAGBRAI.

Treasurer Stewart: Distributed financial statements. BIC financial situation is stable.

Membership Cronk (absent): Sent report to Rudin, who distributed this to officers. Membership is stable.

Touring Maddix: Ride of Silence was successful with good police support and 27 riders. Board recognized Maddix for organizing and leading this worthy ride. The ride is national in scope and must meet certain requirements. It is in memory of bicyclists killed or injured by motorists. Discussed some road closures and rerouting because of flooding.

RAGBRAI Parrott: Discussed what we can provide our riders this year regarding snacks, ice and other hospitality foods. How long should hospitality area be open? Hospitality food is to be purchased in stop-over towns. Equipment must be cleaned prior to start of ride. All waiting list riders were accommodated because of other drop-out riders.

AHTCC Chapleau: There is an organizational meeting June 30.

Education and Safety Advocates Loring: Discussed IDOT state recreation trails. BIC will write a letter of support to JCCOG regarding the submission of a grant to extend the trail to Sand Lakes. Loring had drafted a letter, which was approved. Discussed "sharrows" and why they are of such benefit to bicyclists; they make motorists aware that bicycles use these streets and to be alert.

Publicity Copper: Discussed news release regarding our July and other general meetings. Moved and seconded to sponsor Miles for Smiles at \$1000. This will assist in the purchase of bicycles for needy children.

Webmaster Maddix: Website is doing well and is constantly updated.

New Business: Rudin discussed need for picnic details in October. Rudin is organizing October Devotay Ride on Sunday Oct 19, 1:30 PM. Discussed whether BIC should participate in the Green Festival; there was no interest in having BIC participate.

Maddix showed a presentation he has produced regarding many aspects of touring. How can we evaluate and improve the process, as well as comparisons of how touring operates now as to the past. The board complimented Maddix on the care and insight he included with this presentation. The board agreed that this presentation requires careful study by the Board.

## WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
August 6 <b>6:00 PM</b> 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 Lynn Rose at 341-7886.
August 13 <b>6:00 PM</b> North Liberty Rec. Center	23 miles	Meet at the North Liberty Recreation Center on Cherry Street. This ride promises to be breathtaking and scenic. We will loop the entire Coralville Reservoir. Snack in North Liberty, group's choice. For questions call Steve Rudin at 626-6369.
August 20 <b>6:00 PM</b> West Branch	27 miles	We will meet at the West Branch Park Square, at the south end of the parking lot. Our ride will take us east through Springdale, then north on X40 and ride through the scenic Cedar Valley. After the ride we will meet at Bob's Your Uncle on North Dodge for refreshments. For questions call Doug Kerns at 626-9140.
August 27 <b>6:00 PM</b> 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 group's choice in Iowa City. For questions call Bob Lorenz at 530-4254.



## 2SDAY 2WHEELERS

Bernie & Cherie Cremers, Al Miller, and Mark Heffron will be sharing the lead on the Tuesday morning rides that continue this summer. They will leave Napoleon Park at 9:00 am each Tuesday morning. If anybody wants to get on an e-mail distribution list for information about the rides (questions, proposed routes, weather delays, etc.), they should send Mark an e-mail to that effect at Heffron\_M@Hotmail.com. The 2sday 2wheelers' rides will normally be intermediate rides in the 12 - 13 mph and 30 - 40 mile range.

## THURSDAY NIGHT LEISURE RIDES

Thursday Night Leisure Rides continue every Thursday night in the month of August (**August 7, 14, 21, 28**). We will leave from Best Buy in Coralville, weather permitting. This ride is perfect for beginner cyclists and for people wanting to ride in a group. It is a great way to meet other cyclists and find your way around the community on trails and low traffic streets. We travel at the pace of the slowest rider. Experienced riders are invited to participate and mentor new and less experienced riders to our group.

Feel free to contact me at 351-8609 or bentrider@mchsi.com. Barb Goff

## AMISH HARVEST TOUR TO CURE CANCER

**Brief Description:** The Amish Harvest Tour to Cure Cancer honoring the courage of Seth A. Bailey is a joint effort of the Bicyclists of Iowa City and the Bailey family to raise money for cancer research in the Holden Comprehensive Cancer Center at the University of Iowa. Join us as we pedal over gentle rolling hills leading us past Amish homesteads and over old stagecoach routes. Stop at our one-of-a-kind rest stops featuring delicious food and friendliness served by dedicated volunteers.

**Date:** SATURDAY, SEPTEMBER 20, 2008.

**Fees:** \$50 Registration Fee paid on or before 9/01/2008 ; add a \$10 late fee after 9/01/2008

**Website:** [www.courageride.org](http://www.courageride.org)

**Location:** Hills City Park

**Registration Includes:** Well-supported ride over gentle, rolling hills; Dad's Belgian Waffle Breakfast; cycling socks for those who register on or before Sept. 1; unique rest stops; hot shower, live music in Hills City Park; camping

The route climbs up and down gentle, rolling hills in Amish country during the autumn harvest. The atmosphere will be brimming with life as we honor the courage and active life style of Seth A. Bailey.

Seth loved sports! He participated in high school basketball, college intramurals and was training to one day swim in the Paralympics while serving as an intern for the U.S. Olympic Committee, all after losing his leg to sarcoma cancer.

The ride route includes several distances. In addition to a full century, shorter routes of approximately 64, 55, 27 and 18 miles are available. Bring your bicycle, recumbent, or tandem and enjoy low-traffic roads. The Amish Harvest Tour to Cure Cancer will quickly become your favorite one-day ride of the year!

# AUGUST 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).

<b>Ride Levels</b>	<b>mph</b>
Casual	6-10
Intermediate	10-15
Advanced	15-up

View the rides online at [www.bicyclistsofiowacity.org/Rides/](http://www.bicyclistsofiowacity.org/Rides/)

**Routes depend on weather & group choices. Call the leader one hour before start, if weather is doubtful.**

**Be considerate; arrive 15 minutes before the listed time to prepare your bike. Start means bicycling!**



**SAT Aug 2**  
**Shueyville, Swisher to Walford**  
**8:00 N. Liberty Comm. Ctr 58 mi.**  
**Show N' Go**  
**9:15 Solon BP, 42 mi.**  
**Gretchen Holt 354-1386**

The Solon BP station is at the blinker on IA-1, and a Community Center parking lot is behind it. This ride has not been done for awhile, so we will test it out, going north on F-12, then west all the way to Walford, avoiding highway 151.



**SUN Aug 3 Start 8:00**  
**From West Branch Park**  
**West Here to West There**  
**Show N' Go**

Springdale/Moscow/West Liberty  
 28/38/48+ Miles  
 This could be a 28-mile retrace, or a loop through Moscow, Wilton and West Liberty. A spur to Durant is possible.



**Sauerkraut Days**

**SAT Aug 9 Two Times**  
**8:30 Solon BP, up to 60 mi**  
**Steve Poggenpohl 545-2095**  
**10:30 Solon BP, 27 mi**  
**Rebecca Donovan 356-2009**

The Solon BP station is at the IA-382 & IA-1 junction. Parking is available in the community center lot behind it. The 8:30 group will go towards Anamosa and retrace through Mt. Vernon to meet the 10:30 group in Lisbon for Sauerkraut festivities. The short route allows everyone to enjoy the festivities.



**SUN Aug 10 9:00**  
**Napoleon Park**  
**Lone Tree/West Liberty/Wilton**  
**15/27/54 miles & up**  
**Tom Conway 338-4880**  
 Loop around Lone Tree or go east to West Liberty and Wilton. Riders will group and decide.



**SAT Aug 16 8:00**  
**From N. Liberty Herky Drive**  
**Oxford-Little Amana-Williamsburg**  
**Tiffin 26/ miles and up**  
**Show N' Go**  
 Herky Drive is about 300 yards west of I-380 Exit # 4, Penn Street. **Park at the dead end on Herky.** Many route choices should please everyone.



**SUN Aug 17 8:00**  
**From West High, West Lot**  
 Tiffin-Oxford  
 19/choice/37/43/53  
**Steve Poggenpohl 545-2095**  
 The shortest route will go to the Ice Cream Store in Tiffin. Depending on group interest, the longer routes could go as far as Williamsburg and beyond.

**Amish Country**

**SAT Aug 23 8:00**  
**From Hills School**  
**Amish Country 18/28/46/72/+ Miles**  
**Gretchen Holt 354-1386**  
 Many route options for this ride through scenic and quiet Amish country.

*"The imperative need of this nation at all times is the leadership of Uncommon Men or Women." – Herbert Hoover, August 10, 1954*



**SUN Aug 24**  
**Dodge Street Hy-Vee 8:00**  
**Newport, Morse & West Branch**  
**Nick Maddix 594-2857**  
 This retraced hilly route is 46 hilly miles RT to and from West Branch. In West Branch, there is an option to loop back directly to Iowa City, for 33 total miles. Of course, it is easy to add miles for those interested.



**SAT Aug 30 8:00**  
**Weber School**  
**Smooth Roads & Tail Winds**  
**20/45 or 20/48/62 miles**  
**Allen Frauenholtz 351-2911**  
 Many route options include a visit to the Black Diamond Tavern, a loop through Amish country or breakfast at DJ's in Wellman. The another option would be a retrace through Parnell.



**SUN Aug 31 8:00**  
**Festival of Beers**  
**Herky Street, North Liberty**  
**Rick Walton 354-8090**  
**Amana Millstream Brewery**  
**35 or 50 Miles**  
 Start training for Oktoberfest.

## 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](http://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!



WWW.BICYCLISTSOFLOWACITY.ORG

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!

**AUGUST 2008**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

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