



JANUARY & FEBRUARY 2008

THE BICYCLE POST

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

MINI-EXPO, BYLAWS, SWEETS SLATED FOR FEBRUARY GENERAL MEETING

Want to see what's new, exciting and different in bikes and accessories? You can find out at BIC's Mini-Expo general meeting on **Wednesday, February 27.**

We have invited representatives from several local bike shops to bring their wares and talk about trends in bicycles and accessories. You will have a chance to see bikes and gear at three different price points – low, medium, and high end – and then ask questions and chat with the bike shop folks, too.

The meeting begins at 7 p.m. in Meeting Room A of the Iowa City Public Library.

To sweeten the evening, we'll once again hold a dessert potluck. Take along some of your favorite cookies, cake, brownies, muffins, lemon bars, or whatever else you'd like

to share at the meeting. You'll have a chance to try what others have brought, too.

Also at the February meeting will be a presentation of updated club bylaws. These revisions will provide greater clarity and consistency in language, but bring no substantive changes. The revisions were developed by a committee composed of president Steve Rudin, co-vice president Dan Berkowitz, and long-time club member Laura Hahn. They were then reviewed by the BIC executive board.

BIC's current bylaws were last reviewed and revised in 2000.

Full text of the revised bylaws will be available by late January for your review on the BIC website (www.bicyclistsofiowacity.org).

2007 MEMORIES

This past year kicked off just like any other year with the exception that there was an element of refreshed enthusiasm and vitality with our upcoming ride schedule. It all started with our fantastic Memorial Day weekend ride on which we had a great time and continued with great participation on the club rides. The self-contained trips quickly became quite popular. I believe our club has taken an enormous step forward with our commitment to help support events in our community. Many things have contributed to our success not the least which includes our very committed board members with their outstanding leadership.

For me the real reward has been our significant increase in memberships. It is quite moving to review these every month. I have been approached by many retirees who think our club does a great job of getting the word out. The press coverage from our support of community and club events has been very good this year in getting the word out about our club.

We are now a club who has come to real-

ize the importance of giving back, or to ride with a purpose. Our first annual Amish Harvest Tour to Cure Cancer was a true example of this. With over four hundred riders, it by all means out-weighed anything we've done in the past. September 8 was truly one of my proudest moments of being the president of this club. I would ask that you please set aside time to ride or support the next AHTCC ride which is scheduled for

September 20 in 2008. Your support will help aid cancer research at the local level. The clubs bylaws state: "BIC depends on its members to support the clubs mission, policies, and activities".

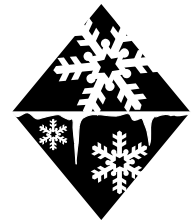
I anticipate that 2008 will be our best year yet but it takes the efforts of a lot of people to step up to the challenge and get involved. We look forward to any recommendations that you may have to enhance our biking experiences. Change can be good and I look forward to a great year.

Again, I would like to say THANK YOU for all the great memories during 2007, a year I will always remember.

The Prez, Steve Rudin

INSIDE THIS ISSUE:

BIC Board Meeting Minutes	2
RAGBRAI News	2
January Ride Schedule	3
February Ride Schedule	4
Amish Harvest Tour to Cure Cancer Thank-You!	5
Bicycling Word Search	6



BIC BOARD MEETING MINUTES

September 18, 2007

Submitted by Sharon Doak

President Rudin: Meeting was held at Brown Bottle in North Liberty. Rudin proposed that BIC rent a storage unit at Rae-Matt Mini Storage in North Liberty. We need a 10 x 20 foot unit. BIC needs storage for Ragbrai supplies and Amish ride supplies. We will try to rent space to BIC members for off-season bike storage. Mary Copper made a motion to rent the storage unit, seconded by Colleen Chapleau. This motion carried unanimously (11 board members present). Neil suggested getting a 2-year contract with the storage company to secure a better monthly rate.

Karen Parrott was presented with a thank-you gift for her work in organizing BIC's Ragbrai trip for 2007. Great job Karen!

Amish Harvest Tour to Cure Cancer (AHTTC) Director Chapleau: The ride had 410 riders, with donations to cancer research still coming in.

Publicity Copper: Children's Miracle Network Basket Blast was held this past summer, and free membership in BIC was offered as part of the bicycling basket. Motion was made and passed to approve free membership offer. BIC has been on KCRG and several newspapers (publicity for the Amish ride).

October 16, 2007

Submitted by Rick Walton

President Rudin: Called meeting to order. Noted that the Bike Lunch talk on 9/27 was well attended by BIC members. Iowa City received an honorable mention when applying as a Bike Friendly Community. Bike to Work Week (BTWW) is a big part of this mission. The next meeting is 10/25 at noon in the IC library.

Vice Presidents Goff and Berkowitz: Discussed October general meeting and holiday party.

Treasurer Stewart: Our financial situation is stable.

Membership Cronk (absent): Rudin reported that membership cards will be issued immediately after application has been processed. Membership numbers are stable.

Touring Maddix: Liability form has been changed slightly. It is now available on-line through the BIC Website. Maps will be updated and probably available on-line. Discussed ride changes: new rides and more variety is proposed by Maddix; more gravel road options, which are proving to be popular.

RAGBRAI Parrott: Tent has been repaired. 11/15 sign up starts. Some suggestions for RAGBRAI: party bus, no smoking under tent, more chairs, etc.

AHTCC Chapleau: Ridership was up; therefore increasing monies collected and donations to Cancer Research (\$47,000), which exceeded expectation. Sept 20 is the ride date next year.

Education & Safety Advocate Loring: Big Brothers/Sisters give away is likely to occur this year. The Bike Library has an inventory of bikes to distribute to children, also. BIC supports this. Loring will represent BIC on JCCOG committee.

Webmaster Maddix: Maps can be printed off the website by ride leaders. Maddix will be developing a gallery of photos to be available on the website.

Old Business Rudin: Discussed payment options for renting inexpensive storage space for RAGBRAI items. Move, seconded and approved to make one yearly payment.

New Business Rudin: Laura Hahn and Berkowitz will be contacted to start revising by-laws soon. To be decided is the amount to designate for sponsorship of 2008 events, such as BTWW, Mayor's Youth and Empowerment Program, etc. The consensus is that BIC should actively support these programs.

ANOTHER GLACIER FREE MEMORIAL WEEKEND

Bicyclists marveled at the magnificent scenery between Waukon and Caledonia last Memorial Weekend. This was in the Driftless Area, a region where the corners of four states meet at the Mississippi.

Drift is geological rubble analogous to saw dust. Over eons of time, the massive weight of glacial ice moving back and forth across the landscape levels the hills.

The last glacier 500 million years ago did not cover this area, leaving the landscape especially scenic and interesting to bicycle.

On May 24, we are planning to bicycle from Galena on the TOMRV route before turning north into Wisconsin to Hazel Green, and then eastward through New Diggings, Shullsburg, and several small towns to Monroe. Galena is 15 miles east of Dubuque, about 1¾ h drive. Look for the entry form in the April newsletter.

If there were enough interest, in June or early July, a smaller party might return to bicycle along the Mississippi from Dickeyville to Prairie du Chien crossing the river on the Cassville Ferry.



RAGBRAI NEWS!

RAGBRAI registration is now open at www.ragbrai.org. Sign up with BIC, group # 8, via the online registration, then send your payment and waiver to me. The payment should include \$125 for the Register and \$125 for BIC, plus any other fees for jerseys or souvenir packs. Make the check out to BIC, and send to me at 728 13th Avenue, Coralville, IA 52241. The deadline is **February 1st**, no Exceptions! We do have a limit to the number of riders who can go with us, so sign up early! If you are not a BIC member, or need to renew your membership, you can do so at www.bicyclistsoflowacity.org. You must be a BIC member to go on Ragbrai with us.

For the \$125 BIC fee, you will have a bus ride to the start, baggage hauling for the week, and a bus ride back to Iowa City. We also have a shade tent and chairs with stocked coolers, sunshower stalls, and lots of good company— young and old, Ragbrai veterans and newbies, strong and weak, Iowa Citizens along with friends and family from all over! It's gonna be a great year!

Happy trails,
Karen

JANUARY 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
Intermediate
Advanced

mph

6-10
10-15
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!



TUE Jan 1 12:00

New Year's Day Ride

From Hy-Vee on Dodge St

Lenny Winkle 339-1905

Route will retrace or go to North Liberty depending on weather and group choices.



SUN Jan 13 12:00

From Wickham School

Bill Heitbrink 338-2536

North Liberty, Scales Bend, or Solon

Routes and mileage will depend on weather and surface conditions.



SAT Jan 5 12:00

From Weber Elementary

Gail Garwood 337-5593

Windham & Beyond 20/23 & up

You could warm-up at the Black Diamond Roadhouse and possibly Stringtown, if the weather were good. Snowplows should have scraped Maier Rd clean by now.



SAT Jan 19 12:00

From: Weber School to Windham

Joe Smith 319 627-2274

20 to 48 miles

Hope for a sunny warm ride on the Black Diamond stage route. Parnell is a 48-mile retrace on the "houses" route, Black Diamond Roadhouse. **If weather were bad, we could meet at El Dorado at noon and talk about bicycling.**



SUN Jan 6 12:00

Hills E. School 18/22/27 Miles

Bob Lorenz 351-4254

Amish Country in Winter

These routes are favorites on the Wednesday night ride schedule. Stick around for camaraderie after the ride. **If the weather bombs, we will just eat at Iguanas.**



SUN Jan 20 12:00

From N. Liberty Herky Street

Rick Walton 354-8090

Oxford + 15, 26 or more miles

Herky is on the south side of Penn Street, about 300 yards west of I-380 Exit # 4. **IMPORTANT: Park at the dead end of Herky.** Depending on weather, the short ride could be Tiffin.



SAT Jan 12 12:00

North Liberty Community Center

Sharon Doak 626-6834

14 to 23 + Miles

Loop the reservoir and/or see Scales Bend, staying close to warmth available around N. Liberty and Coralville.

24th Annual

HOT CHOCOLATE RIDE



SAT Jan 26 9:00

From College Green Park

Bob Oppliger 338-4011

10 miles, more or less

Traditionally, this ride ignores the weather. Sanctuary in town offers stops and comforts, thanks to veteran organizer, Bob Oppliger. Club members offer their homes and hospitality to a roving band of gypsies. For more information, call



SUN Jan 27 12:00

From West High, West Lot

Deb Cobb 337-4698

Tiffin – Oxford 19 to 32+ miles

There are several route options. There could be hot fudge to warm you at the "Ice Cream Store." Other options could be nearby food establishments. Depending on weather, the group will decide the route.

FEBRUARY 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
Intermediate
Advanced

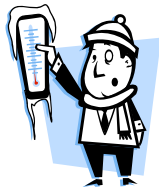
mph

6-10
10-15
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!



SAT Feb 2 12:00
From: Weber School on Rohret Rd
Mary Copper 430-7169
20/23/30 + miles

Windham, Sharon Center, maybe Stringtown or even Wellman, about 47 miles, if there is a heat wave. If the roads and weather were unsuitable for biking, we could just meet at Bob's Your Uncle and talk about bicycling.



SUN Feb 10 12:00
Valentine's Day Ramble
From: Hy-Vee on Dodge St
Jan Stewart 338-2396

If the weather were reasonable, we would try to get to North Liberty for lunch. This would be about 20 miles RT. Add on miles are easy. The group and weather would decide the route, avoiding sloppy city streets, if possible.



SUN Feb 17 12:00
From: North Liberty Comm. Ctr.
Bonnie Obadal 624-2981

If the weather were decent, we would explore some new subdivisions. They have popped up everywhere.



SUN Feb 3 12:00
From: Wickham School
Todd Stewart 338-2396
12/22 and more miles

Ride to North Liberty and Scales Bend exploring new subdivisions on neighborhood streets. Other options include the trail and the Sugar Bottom Loop.



SAT Feb 16 12:00
From: N. Liberty Herky St
Laura Hahn 338-3963
Ride the Ridges 15/26/30/+ Miles
Oxford – Windham

Herky Street is on the south side of Penn Street, about 300 yards west of I-380 Exit # 4. **IMPORTANT: Park at the dead end of Herky!** Route and distance depend on weather and group interest. **If weather were unsuitable, we could meet for lunch at Plaza Jalisco (diagonally across from Gus's) at noon and talk about bicycling.**

SAT Feb 23 12:00
From: Weber School
Gretchen Holt 354-1386
20/23/30 + miles

Windham, Sharon Center, maybe Stringtown or even Wellman, about 47 miles, if there were a heat wave. **If the roads and weather were unsuitable for biking, we could just meet at Bob's Your Uncle and talk about bicycling.**

Hy-Vee

SAT Feb 9 12:00
From: Solon BP Service Station
Gretchen Holt 354-1386
18/26/31 Miles

Use the community center lot behind the BP station at the junction of IA-1 and IA-382. If the weather is reasonable, we could visit the Sutliff tavern, Lisbon, or even Mt. Vernon for lunch at the Lincoln Café. **If the weather were bad, how about lunch at Eggy's at noon?**



SUN Feb 24 12:00
From: Hy-Vee on Dodge St
10/20/27 Miles
Chuck Murphy 338-7339

If the weather were reasonable, we would try to get to North Liberty for lunch. This would be about 20 miles RT. Add on miles are easy. The group and weather would decide the route, avoiding sloppy city streets, if possible.

PEDALING WITH A PURPOSE

The Amish Harvest Tour to Cure Cancer honoring the courage of Seth A. Bailey

September 8, 2007 - Beautiful skies, live music and friendly volunteers enhanced the experience of the 405 registered riders on this year's ride organized by BIC and the Bailey family to raise money for cancer research. We are pleased to announce we will clear over \$50,000 for cancer research at Holden Comprehensive Cancer Center in the University of Iowa.



I'd like to acknowledge the accomplishments of four BIC members who participated in over 9 months of planning for this event. Each of them made an enormous contribution. Please thank them when you see them. They did BIC proud!

Sue Carter, Broadway set designer, created a visual feast by turning shelters and buildings into a harvest wonderland. The decorations were superbly planned and executed.

Mary Copper, marketer extraordinaire, was invaluable in promoting this event. "Everyone" heard about it! It is rumored she is being recruited by one of the Presidential hopefuls.

Steve Rudin, "the Prez", not only coordinated breakfast and served it up with a smile, but he managed to be everywhere, all at once, all day long. How does he DO that?

Jan Stewart, music producer, expertly secured outstanding musical talent. Live music flowed from the stage in Hills and from many of the rest stops on the route.

My thanks to the many BIC members who volunteered their time and talents. Together, we created something wonderful. As Leora Houghton, co-chair commented, "...besides raising lots of money which I know we did and it's still coming in, we touched the hearts of the community..."

~Colleen Chapleau, AHTCC

RAGBRAI XXXV SURVEY RESULTS

Over 4,075 online surveys were completed after Ragbrai this year and here are some of the results:

"Top Eleven" RAGBRAI Challenges for 2008

1. Pace lines
2. Riding in a large group
3. Erratic or unpredictable riding
4. Riding left of center
5. Communication and signaling intent
6. New rider education
7. Cell phone or head phone use
8. Helmet use
9. Excessive use of alcohol
10. Early and late starts or finishes
11. Large bicycles (quads, tandems, etc.)

RAGBRAI Participants' Habits

- 71% of respondents ride every mile of RAGBRAI
- 82% of respondents preferred starting time is 6:00 am to 7:00 am
- 71% of respondents prefer to ride 11-20 miles between stops
- 90% of respondents prefer to stop in most or all towns
- 22% of respondents prefer to stop in every town
- 24% of respondents rode the Karras century loop

RAGBRAI Route

- 81% of respondents rate the 2007 route excellent or above average (2% rated below average)
- 62% of respondents rate the signage for the 2007 route excellent or above average (3% rated below average)
- 74% of respondents rate the safety of the 2007 route excellent or above average (4% rated below average)
- 87% of respondents rate their overall RAGBRAI experience excellent or above average (2% rated below average)

Age and Gender of Riders

Under 19	7.77%
Ages 20-24	4.88%
Ages 25-34	12.78%
Ages 35-44	20.61%
Ages 45-54	29.44%
Ages 55-64	18.75%
Ages 65+	5.77%
Males	65%
Females	35%

Other

- 79% of respondents used personal/rented vehicles to transport baggage
- For 35% of respondents, this was their first RAGBRAI
- 72% of respondents first heard about RAGBRAI from friends or family
- 70 riders come from 21 countries
- Only 40% of riders are from Iowa
- 78.04% of riders use a road bike, 11.1% hybrids, 3.42% tandems, 3.17% mountain bikes, 2.16% recumbents and less than 2% all others

ABOUT BICYCLING

Okay, there is 1/2 to 1 inch of ice on the roads and the forecast calls for more freezing rain, sleet, snow flurries, blizzard...If you are not a wild turkey on a bicycle, but more of the domesticated type, who prefers sitting next to the heat lamp, grab a pencil or pen, and search for these 38 bicycling words. If you really get stumped and can't find them all, send me an email (skdoak@yahoo.com) and I'll send you the answer key!

1. AHTCC
2. AXLE
3. BAGS
4. BIC
5. BICYCLE
6. BONK
7. BRAKEPAD
8. BRAKES
9. CADENCE
10. CHAIN
11. COMMUTER
12. CROSS FRAME
13. CYCLIST
14. DERAILLEUR
15. DRAFT
16. FENDER
17. FRAME
18. GEAR
19. HANDLEBAR
20. HUBS
21. LOCK
22. MIRROR
23. MOUNTAIN BIKE
24. PANNIER
25. PEDAL

26. PULL
27. RIMS
28. RUDIN
29. SADDLE
30. SEAT
31. SHIFTER
32. SPEED
33. SPOKES
34. TANDEM
35. TIRE
36. TOE CLIP
37. TOURING
38. WHEELS



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!

JANUARY & FEBRUARY 2008

BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

President

Steve Rudin 626-6369
chaserudy@southslope.net

RAGBRAI @ Coordinator

Karen Parrott 319-337-6371
keparrott@mchsi.com

Webmaster

Nick Maddix
moonlightrose44@gmail.com

Vice-Presidents

Barb Goff 351-8609
bentrider@mchsi.com
Dan Berkowitz 351-3489
dan-berkowitz@uiowa.edu

Touring Coordinator

Nick Maddix
moonlightrose44@gmail.com

BICYCLE Post Editor

Sharon Doak 626-6834
skdoak@yahoo.com

Treasurer

Jan Stewart 338-2396
jan-stewart@uiowa.edu

Wednesday Evening Ride Coordinators

Tom Ray & Kathy Sharp
Lynn Rose

Education & Safety Advocate

Brian Loring
brian-loring@ncjc.org

Secretary

Rick Walton 354-8090
richard-walton@uiowa.edu

Thursday Evening Ride Coordinator

Barb Goff 351-8609
bentrider@mchsi.com

Procurement

Sue Heitbrink
backseatcyclist@yahoo.com

Publicist

Mary Copper 430-7169
mary-copper@iowa-city.org

Amish Harvest Tour to Cure Cancer Ride Coordinator

Colleen Chapleau 626-6062
colleen-chapleau@uiowa.edu

Membership

Brad Cronk 341-0563



ADVENTURE CYCLING

How do snowmen travel?
By icycle.

VISIT BIC ON THE WEB AT
WWW.BICYCLISTSOFIOWACITY.ORG