

JULY 2008



THE BICYCLE POST

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

PACK IT OVER TO JULY 15 RAGBRAI PREP MEETING

Packing is the theme of BIC's July 15 General Meeting. You'll glean some great ideas for packing your gear, your bike and your happy memories.

If you've never ridden RAGBRAI before, this meeting is just the thing for learning how to travel in comfort (and style!). RAGBRAI vets always take away some new tips, too.

The meeting takes place in Meeting Room A at the Iowa City Public Library. At 6:30 p.m., we start with a slide show of photos from last year's RAGBRAI to get you in the mood for what's to come. You'll also learn about how to make the trip a safer adventure.

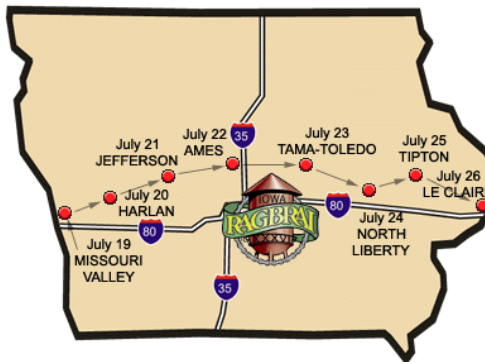
Next, our club's RAGBRAI coordinator Karen Parrott will demonstrate how to prep a bike and box it for a safe journey to the RAGBRAI starting point in Missouri Valley. Her demo will use a real bike, once again supplied by a trusting club member.

With a bike now packed away, travel packing expert Judy Siebert will share tips for what to pack and how to pack it. She'll demystify everything from deciding how many pairs of undies and socks to put in

your bag to some surprising comfort items that will make time in camp more pleasant (How *do you* pee in the night? How can you make your tent stay cooler?). When it comes to getting organized, Judy is the master!

Following Judy's talk, some of the long-time RAGBRAI riders will pitch in with their ideas. And, of course, there will be time for questions, too.

Finally, the meeting will wrap up with a look at photos from the end of the ride. Don't forget: BIC jerseys and wicking t-shirts will be available for purchase, too.



DAY 6 RAGBRAI

To all my friends who are riding Ragbrai on Friday, Day 6, from North Liberty to Tipton:

I would like to inform you all that the road condition from Sutliff to Lisbon on X20 is extremely rough, with many cracks and uneven road surfaces. There's another 4.3 miles on E45 that takes you to Martelle. This road surface is rough and hilly. Please slow down and ride right. The rest of the route is okay. Have a wonderful Ragbrai.

The Prez

BIC FAMILY PICNIC

The BIC Board is planning a BIC Family Picnic on **October 5, 2008 at Kent State Park** (Bob White shelter). We want to celebrate another great biking year and plan an event for everyone in the BIC club. Bring a friend who may be interested in BIC! Please mark your calendars...more details in future newsletters.

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Biking Tip of the Month

Carry a pair of disposable vinyl gloves (for example, Playtex disposable vinyl, latex-free gloves) in your seat bag. Wear them when changing a tire, replacing a dropped chain, or making adjustments. Tactile sense is still good and your hands will not end up nasty and greasy. Pull them off and store them inside-out in your bag.

This tip is from Rick Walton. Send your bike tip to the editor: skdoak@yahoo.com



RAGBRAI® UPDATE!

Hello Ragbrai riders,

Counting the weeks and days? We're getting closer and closer - hope everyone is training regularly and getting strong! I have a couple of requests for you:

Please plan to attend the pre-Ragbrai meeting the week before we leave in order to hear packing tips and to see a bike boxing demonstration, presented by yours truly. Bike boxing is simple enough for even a mechanically-challenged person like me!

Secondly, this year there will be no smoking allowed under the BIC shade tent. Also, keep in mind that if we are in a state-owned area, such as a park or the Ames campus, smoking will be forbidden, thanks to our new state law.

And thirdly, if you have requested assistance with bike boxing, please bring an empty bike box to the park at check-in. The fee will be \$20 to have it put in a box and reassembled upon arrival. For those of you who have indicated an interest in tent set-up service, I'm still working on this and am not sure if it will be available or not at this point.

Feel free to email me questions or comments - otherwise we'll see you in July! Happy trails, Karen

keparrott@mchsi.com

KIDNEEDS FUNDRAISING RIDE

Someone known for going the extra mile for others, is now going an extra 2711 miles for Kidneeds. On June 13th, Steve McGuire, a Professor of Art at the University of Iowa and the man who has pulled 3 drowning people from the Iowa River, will bike the Tour Divide Ride. This off road, self supporting ride runs from Banff, Canada to Antelope Wells, NM, which is located on the Mexican border.

Steve will be riding to raise money for Kidneeds, a local foundation dedicated to finding a cure for a rare children's kidney disease called Dense Deposit Disease (DDD). His friend, Jenna Smith, an art student at the UI, has been on dialysis for 15 years due to DDD. Please visit Steve's blog at www.enduro-tour.blogspot.com for information on the ride and how to help by sponsoring one of his miles, or more. Thank you.

Lynne Lanning, RN, JD

BIC BOARD MEETING MINUTES

March 18, 2008

Submitted by Dan Berkowitz, Co-Vice President
Present: Rudin, Berkowitz, Copper, Parrott, Maddix, Doak, Loring, Chapleau

President Rudin: The Iowa City Cycling Club hosts the Iowa Bicycle Racing Association state championships in West Branch during Hoo-verfest on August 2 and wants BIC to have a booth. Rudin is working on Ride Right committee for RAGBRAI stop in North Liberty. Planning to promote BIC at Bike to Work Week with Monday and Tuesday breakfasts, Wednesday BIC ride will be the Mayors B2WW ride.

Vice Presidents Berkowitz and Goff (absent): February general meeting hosted mini-bike expo, huge success and will repeat next year. Revised bylaws were approved at February meeting. April 24 general meeting will feature RAGBRAI director at Coralville Public Library.

Treasurer Stewart (absent): Report on expenses and balances by Rudin. Finances are sound.

Membership Cronk (absent): Report on current memberships (283) and new memberships (4) by Rudin.

Touring Maddix: Presented results of ride preference survey. Wednesday night ride schedule set from new ride coordinators Tom Ray, Kathy Sharp, and Lynn Rose. Hard to find enough weekend ride leaders. Looking for new ride leader procurers.

RAGBRAI Parrott: A new cancellation policy has been drafted and will be posted in the newsletter. Signups are at the maximum 155 with a waiting list. Rider booklet was distributed.

AHTCC Chapleau: Chapleau has become assistant ride director representing BIC, planning celebrity item auction, next meeting March 31, sponsorship levels are being set.

Education and Safety Loring: Working on B2WW, want BIC members wearing club t-shirts to work as ride sweepers. Started on regional bike trails committee.

Publicity Copper: BIC ride descriptions continue to be sent to local newspapers.

Webmaster Maddix: Web continues to be improved and updated, page hits are up.

New business Rudin: Fall BIC picnic planned for October 5 at Kent Park in the Bob White shelter. Part of upcoming board meetings will be used to plan for this family event and potluck.

April 15, 2008

Submitted by Sue Heitbrink, Edited by Nick Maddix
Present: Rudin, Goff, Stewart, Heitbrink, Berkowitz, Maddix, Doak, Loring, Copper and Cronk

The meeting was called to order at 7:40 p.m.

President Rudin: Rudin commented that the Devotay ride went well. A thank you note and flowers were sent to the business.

Vice President Goff: Goff reported that the April 24 General Meeting will be held at the Coralville Public Library. She will provide goodies at 6:30 pm and T.J.'s talk will begin at 7:00 pm. The board discussed giving a gift to T.J. and the decided idea was to give him a BIC T-shirt. Karen Parrott would present him with a \$500 check on behalf of BIC towards the Dream Team.

.....BIC Board meeting minutes continued on page 6.....



The Prez and his wife will be participating in the Bicycle, Blues and BBQ Festival at Clear Lake, Iowa July 11-13, 2008. Festivities will start Friday evening and finish on Sunday with a USCF-sanctioned road race. The 3 Saturday rides are the Baby Back (14 miles), Country Style (42 miles), and the Cajun (70 miles). The web page for the ride is www.bicyclebluesbbq.com. We will be staying at the AmericInn and online reservations can be made at www.americinn.com. We would be happy if any of you would like to join us on this weekend adventure. If you have any questions, please feel free to contact me at chaserudy@southslope.net.

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
July 2 6:00 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. Eat in North Liberty, group's choice. For questions, call Lynn Rose at 341-7884.
July 9 6:00 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 Monica's Italian Bistro (formerly Bob's Your Uncle), 749 Mormon Trek Blvd. For questions call Bob Lorenz at 530-4254.
July 16 6:00 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. For questions call Joe Smith at 627-2274.
July 23 6:00 PM North Liberty Herky St.	27 miles Ragbrai Week	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. Eat in North Liberty, groups choice. A show and go ride.
July 30 6:00 PM Solon	20/27 miles	Meet at the parking lot behind the BP convenience store at the blinker junction of IA-1 and IA-382 in Solon (new start location for Solon rides). 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 Doug Kerns at 626-9140.

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 July (**July 3, 10, 17, 24, 31**). We will leave from College Green Park, 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. Rides in August will leave from Best Buy in Coralville. Feel free to contact me at

TIPS FOR RIDING IN TRAFFIC

1. Choose routes that have low traffic volume and smooth surfaces.
2. Always ride on the right hand side of the road. Ride with traffic.
3. Ride far enough from the curb to avoid parked cars, potholes, rocks, gravel, and other rough travel surfaces.
4. Do not weave in and out of parked cars.
5. Know and obey traffic signs and signals. This is the law.
6. Use hand signals to tell motorists and other bicyclists what you intend to do.
7. Follow lane markings. Scan behind you before changing lanes.
8. Make yourself visible. Wear brightly colored clothes.
9. Before moving left or right, scan over your shoulder and yield to overtaking traffic.
10. If you must ride at night, wear white and/or reflective clothing. Your bicycle should be equipped with bright headlight and taillight.
11. Always wear a helmet.

JULY 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	mph
Casual	6-10
Intermediate	10-15
Advanced	15-up

View the rides online at 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!



FRI July 4 7:30
Herky Street, North Liberty
Steve Rudin 319 626-6369
Rick Walton 319 354-8090
Amana Colonies Breakfast Ride
35 or 50 Miles

Do the short ride from Herky St. or a longer route from West High. Herky St. is about 300 yards west of I-380 Exit #4, Penn St. **Park at dead end of Herky.** BIC has had as many as 75 bicyclists on this Amana breakfast ride. Enjoy camaraderie as well as bountiful food.



SAT July 5 8:00
Tour de Brew
Herky Street, North Liberty
Timothy Chadwick
Amana Colonies
35 or 50 Miles

OK, this is a little redundant; a second day in Amana, but this is an imperfect world. Be thankful, we are not returning to Iraq.



SUN July 6 8:00
From: Napoleon Park
Jennifer Wyatt 319 626-6017
Lone Tree – Nichols –West Liberty+
27/31/53+Miles

There are many route choices, including a retrace. A goal destination could be Wilton for a visit to the Candy Kitchen. Bicyclists will group and decide.

Check website for ride route changes due to flooded/ closed roads!!



SAT July 12 Start 8:00
From: Weber School
Mary Copper 319 430-7169
Windham-Amish Country- Wellman
20/23/29...46/62/72+ Miles
 There are many route choices. Bicyclists will decide.



SUN July 13 8:00
From Bobbers, North Liberty,
Scales Point Campground
Donna Hamm 319 351-3664
25/32/41/58/+ miles

Take Scales Bend Road all the way to the campgrounds and Bobber's Tavern. The route goes directly to Solon and Sutliff. To avoid traffic on the return, you may choose Sugar Bottom and a dam crossing. This would add about 18 miles.



Beef Days

SAT July 19 Two Times
8:00 Solon BP Gas Station
Show and Go
10:00 N. Dodge Hy-Vee
Gail Garwood 319 337-5593
18/28/50/75, choice of miles

In Solon, park behind the BP station at the IA-1 jct with IA-382. IC to Solon round trip is about 31 miles. The retraced early route offers riders choice of distance with stops possible in Sutliff, Lisbon, Mt. Vernon, and Springville. The early riders will converge with others for lunch in Solon around noon.



SUN July 20 Start 8:00
From West Branch Park
Brian Loring 319 354-6491
24/37/44/47 or more miles
 Bicycle past Rochester through West Liberty. There is an option to visit the Candy Kitchen in Wilton.

RAGBRAI JULY 20 - 26



SAT July 26 8:00
From: Napoleon Park
Sharon Doak 319 626-6834
Amish Country and/or Wellman
15/33/37/44/+ miles

Regroup at Casey's in Hills on the way out and on the return. Amish gardens should be blooming.



SUN July 27 Start 8:00
From West High West Lot
Jeremi Walker
West High, Williamsburg or Oxford
Choice/31/39/53 +mi.

Bike Van Buren
 August 16-17
 Visit
www.villagesofvanburen.com

MY MIND SAID, "GIDDY-UP!" BUT MY BODY SAID, "WHOA!"

by Jan Down

I've been riding bicycles for thirty-one years. Thirty-one years of delighting in the early morning mists of the Iowa River Valley, the Flint Hills, the White Mountains, and the Appalachians; the mid-morning warmth of the East Texas Piney Woods and the Great Dismal Swamp; the high noon baking sun of the Great Plains and Badlands; the blinding dust storms and fresh spring flowers of the Mojave; the biting afternoon sleet and snow of the Sand Hills and the Talkeetnas; the sunset shadows of the Rockies, the Sierra Nevadas and the Wind River Range.

Thirty-one years of relying on cycle technology, good nutrition, plus a little bad, and training to allow me to ride my bicycle wherever I wanted. And then I met a hill I couldn't ride up.

I knew it was going to happen sooner or later, but I kept hoping it would be later. For the past decade, I've pondered this dilemma with each long distance bicycle trip we've taken. When would I falter?

Would it be in Maine where the 8% grade, the heat and humidity forced an iron-legged friend to walk his bike?

Would it be pedaling the 40 miles up to Volcano, Hawaii in frigid, painfully pelting rain?

Would it be in the middle of the bone-jarring, fear-inducing, deafening echo of a highway tunnel in Arizona's Superstition Mountains?

Would it be at the sudden 15% grade switchback of Vail Pass in Colorado?

Would it be in the startling beauty of western Iowa's loess hills where RAGBRAI riders, coming off a curving upgrade and ready to savor a swift downhill instead spied the next daunting climb and exclaimed, "Oh, no!"

Would it be on the crisp morning climb out of the historic silver-mining town of Austin, Nevada on "The Loneliest Road in America?"

Would it be following the trail of emigrants across California's Carson Pass, past lonely pioneer graves?

Would it be trying to attain the 12,183 foot high point on Rocky Mountain National Park's Trail Ridge Road?

Would it be emerging from a gulch called Elk Creek Crossing in California's coastal range?

Or would it be on a short straight northern California killer hill rising above the verdant Eel River pastureland?

I'd never walked a hill before, while bicycling, that is. It wasn't that I was always in such good shape or used the gearing brilliantly, or had such superb technique that I glided up those mountains and hills.

There were times when I ground through the gears, muttering at myself for not having shifted in time or at my bicycle for dropping the chain. But I still made it up the hills.

There were other times when I swooped down one hill and up the next feeling like a bird in flight.

There were times when I sighed or moaned as I saw the upcoming hill but determined that I would come out on top and unscathed.

There were other times when I puffed and choked and pulled and heaved trying to keep the bike steady and not topple over with my feet still clipped to the pedals.

I breathed through my nose and out through my mouth just like my indoor cycling instructor at the gym told me to do.

I sweated. I gave myself 15 second or 30 second or 60 second breaks.

I drank water and Endurance electrolyte drink. I ate gorp, bananas, oranges and energy bars.

I chanted, "I think I can, I think I can..."

I sang in my head, "Red and yellow and pink and green, purple and orange and blue, I can sing a rainbow, sing a rainbow, sing a rainbow too..."

I gave myself courage by looking at how far I had come and how beautiful the view was.

I chided myself, "If he can do it, you can do it."

I quoted Scripture: "Get you up to a high mountain."

I prayed, "God, please don't let me fall over in front of a car or off a cliff."

I looked at photos of our grandsons and took heart in their young beauty and strived to make them proud of me.

I told myself, "You can last for ten more pedal strokes, now ten more, ten more. You can make it to the next road sign."

So far, I had made it.

April 15, 2008 in my 69th year of life.

The sky was crystalline. The sharp wind cooled us as we descended and heat enveloped us as we ascended. The ocean breakers pounded in our ears. Jim informed us there was a monster hill ahead so as I peaked the hill before what I assumed would be the monster, I glanced over and murmured, "That can't be it. The grade doesn't look that steep. I can do that one. Oh well, it's farther on toward Jenner."

I barreled down the gulch noting the 15 MPH speed limit, braked as I approached the hairpin curve and resumed pedaling when I hit the sloped inside curve of the uphill. I clicked into my little chainring and saw THE MONSTER. Ahead and above me, I could see Retha and Ray, with their strength, youth and stamina, conquering the first aspect of the hill.

Jim and Dave were ahead of me, cranking their pedals and, ultimately, resignedly, stopping, dismounting and pushing their laden bicycles up this 15-20% grade hill. Disheartened but doggedly, I agonized until I thought I would tip over.

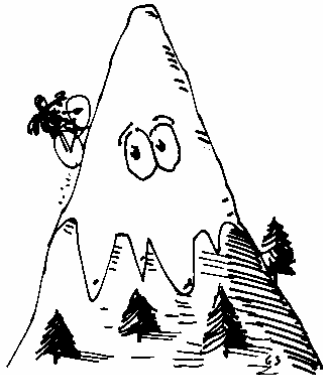
My mind commanded, "Come on legs! Giddy-up!" but my body said, "Whoa!"

I had expected that having to stop and walk would upset me but I felt relief. I didn't have to ride this bear of a hill. I silently smiled and commenced pushing my trusty Trek up to the next

"GIDDY-UP, WHOA" CONT.

curve, my panniers slapping my backside as I strained. My speedometer indicated I was going 0 MPH. Wait a minute! I was moving! I managed to get my speed up to an average of 1.2 MPH. Jim and Dave were walking much faster than I, possibly up to 2.9 MPH, Jim said later.

As vehicles came down the hill, I grinned at the occupants, shrugged and waved, "Cie la vie!" They returned the smiles.



ADVENTURE CYCLING

As I approached the top of the first section of the hill, I heard the growl of an upcoming vehicle and realized there was no safe place to stand on the miniscule shoulder abutting a bluff. Where could I go? A pickup with a "Wide Load" sign and flashing warning lights passed by as I squeezed against the wall. Wide load! It was still far enough back for me to make it up to the next hairpin. Pushing my bike as fast as I could, I crossed the road so I

would be upside instead of downside of the huge yellow bulldozer on the back of a truck. I clutched my bike and pressed against the guardrail.

From Ray's vantage point far above, he looked down as the truck's left wheels lifted off the pavement looking like the tipping truck warning signs we'd seen. From my vantage point, I saw that I might have taken shelter on the wrong side of the road. The truck driver glanced at me and swung wide across both traffic lanes toward me as the truck crawled and groaned up the hill. At last it passed and we were all safe--cars, trucks, 'dozer, cyclists and pedestrian-cyclists.

The line of cars halted at the summit by the escort vehicle slowly snaked down the hill. I scampered as fast as a weary bicycle pusher can scamper back across the road and continued the march up the hill.

The grade tapered and one more sloping curve brought me to a relatively flat spot. I stopped where the others waited for me. I needed water. I needed food. I needed rest.

I smiled again. Although I had not conquered the Elk Creek Hill the Hill had not conquered me.

Editor's Note: Jan Down wrote this article in April, 2008 on the way back from their bicycle trip down the coast of northern California. Jim Down, Dave Schuldt, Ray and Retha Haas and Jan bicycled from the Oregon border to Half Moon Bay, CA mostly on Highways 101 and 1. "The Monster Hill" was near Jenner coming up out of the Elk Creek Crossing. Jan said the whole ride was the most challenging ride she'd ever done--it had fantastic scenery and she was thrilled that they did it but she never wants to bicycle that stretch of high-

BIC BOARD MEETING MINUTES, CONT. FROM PG. 2

Rick Walton will speak about his Vietnam bike trip at the October General Meeting. Location might be at Gus's in Coralville.

Treasurer Stewart: Stewart reported that expenses for the month was \$205. The club's total positive balance is similar to last year's balance. There was continued discussion about the club's account balance.

Membership Cronk: Cronk reported membership is stable at 296. The Excel Database will be updated and sent to board members via e-mail.

Touring Coordinator Maddix: Maddix will mail maps to the ride leaders who are unable to get them electronically and to those that do not reply to e-mails sent in advance. A May 21st ride called the "Ride of Silence" was discussed and Maddix has said he will take the planning and such upon himself but anyone on the club was welcome to assist. First steps are to contact local city office's and request a permit, if needed. This ride would start at 7pm. BIC will sponsor Nick at the cost of \$175 to the Midwest Transportation and Planning Conference that is to be held at the Iowa City Sheraton on June 4 to June 6. Maddix is centering more rides on festivals and events to encourage riders to attend rides. Maddix is noticing the difficulties associated with recurring ride procurers and ride leaders and would ideally like to make the whole process done electronically. Phone calls would be used as a last resort. Rudin suggested gravel rides should be held on weekends instead of weekdays. 2Sday2Wheeler (Tuesday) rides will begin the first Tuesday in May. The board further suggested that the Devotay ride be the club's official opening ride for next season.

RAGBRAI Coordinator Parrott: The board commended Parrott on her RAGBRAI pamphlets.

Newsletter Editor Doak: The board praised Doak's continued work on the BIC Post, the club's newsletter. There was further discussion on sending members their newsletter electronically.

Education and Safety Advisor Loring: Loring updated the board on the Bike to Work Week plans. St. Luke's Hospital is providing free bike helmets at the Bike Rodeo. The Mayor's Ride on Wednesday, May 14 needs some BIC members to volunteer as sweepers and general safety officers.

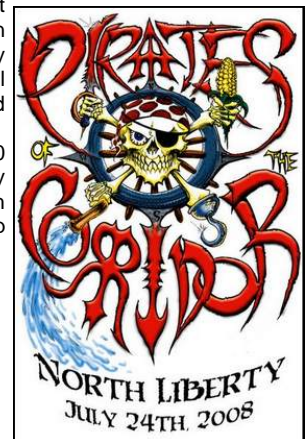
Publicity Copper: Copper will send Bike to Work Week information to papers. The board discussed that BIC should have a check presentation for the ATCC Ride Amish Ride to further publicize the club.

Webmaster Maddix: Maddix reported 7400 total hits on the website, with 1200 for last month. The revised Bylaws and Articles of Incorporation were officially signed and will be published on the website soon. More awareness should be made of the BIC Forum so that members can communicate and keep up to date on the latest happenings in the club.

Old Business: Rudin reported he has completed installing the shelving in the storage unit.

New Business: Picnic will be October 5 at Kent Park at the Bob White shelter. Rudin suggested placing a notice about it in every newsletter until then. Ideas for the event are still needed. The MYEP is on May 3rd from 10am to 3pm. It was decided to run an article in newsletter but not give monetary donation. There will be no official MYEP ride required by the board unlike in past years.

The Board voted to donate \$500 to be a sponsor for North Liberty and its RAGBRAI efforts. North Liberty needs volunteers to help with hosting the event as well.



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!



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!

JULY 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 594-2857
moonlightrose44@gmail.com

Vice-Presidents

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

Touring Coordinator

Nick Maddix 594-2857
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
351-6798
Lynn Rose 341-7884

Education & Safety Advocate

Brian Loring 354-6491
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 338-2536
backseatcyclist@yahoo.com

Publicist

Mary Copper 430-7169
mary-copper@uiowa.edu

Amish Harvest Tour to Cure Cancer Ride Coordinator

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

Membership

Brad Cronk 341-0563



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