

JUNE 2008



THE BICYCLE POST

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

RIDE OF SILENCE—WEDNESDAY, MAY 21

My friends,

I am hosting a special event called the "Ride of Silence". This now nationwide event was started by Chris Phelan from Texas and has since grown to encompass all regions of the world. The purpose of this ride, in Chris' words is: "To remember and honor those injured and killed by motorists, to show the public-at-large that we as cyclists are not going to stop riding, and to point out that we wish only to SHARE the roads with motorists."

The date of this ride is **Wednesday, May 21st, 2008** and will start at **College Green Park in Iowa City**. There will be a brief presentation at 6:30 p.m., and the ride will leave at 7:00 p.m. All members of the public are invited. There is no cost, no sponsors, no t-shirt, and the only requirements are a bike helmet, the knowledge and ability to ride a working bicycle and a name and signature on a liability release form. The ride will be held rain or shine.

We are using busy streets in particular to showcase our overall purpose and to raise awareness all while proving that bicyclists are entitled to use nearly every roadway in the city. You may view the entire route on the BIC website, but here's a brief overview of the route:

College Green to Burlington to Melrose – Melrose to Mormon Trek – Mormon Trek to Hwy 6, Hwy 6 to Rocky Shore Dr – Rocky Shore Dr to Normandy/Manor to City Park – City Park to Clinton – Clinton to Washington –

Washington to College Green – 9 miles total distance.

During the time of the ride, participants will be riding less than 12 miles per hour. The entire ride will be conducted in silence. Hand signals will be used. We will stay together at all times and will occupy only one lane on the street, unless there is a police escort which is currently a possibility. Riders will obey all traffic laws.

Our presence on the roadways will be swift, and the ride is expected to finish sometime around 8:30 p.m.

With over 620 cyclists killed each year across the United States, motorists need to be aware of our presence. Cyclists that wear black armbands are mourning for fallen cyclists, while those wearing red armbands are cyclists that have been injured.

As more people begin to evaluate their transportation needs with rising gas prices, environmental concerns and the desire for a better, healthier life, voices will need to be heard for change. Please spread the word to your family and friends and help us make our first year event a successful one. For more detailed information, including a map of the route, please head on over to: <http://www.bicyclistsofiowacity.org/ROS/>. Thank you!

Best rides,
Nick Maddix



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MARK YOUR CALENDAR!



Bike for Sale

Trek 2200 road bike
Women's specific WSD
47 cm
Triple 105, 9 speed
Carbon forks
Victor comp wheels
\$750

Contact:
Jane Shultz
338-0423

RAGBRAI® UPDATE!

Hello Ragbrai riders,

Hope everyone is getting out and enjoying spring at last! Everyone should have received their Ragbrai with BIC brochure by now, and you may have received an email with your lottery/wristband number. Your actual wristbands and Ragbrai packet will be distributed to you at check-in the day before we leave for Ragbrai. In the meantime, feel free to email me with any questions. Here are a couple of FAQs:

1. How many bags can I bring and how much can they weigh? Feel free to bring 2 bags, with the weight evenly distributed. You may have to carry them a block or more, and you will have to hoist them into the truck on top of 8 feet or so of baggage every morning. And think of the crew members who unload 2 bags x 150+ riders every morning, and have mercy on their backs!

2. How do shower bags work? You may bring a shower bag (purchase at Wal-Mart, Target, or camping store) to check-in on Friday, pay a crew member \$15, and throw it in the shower bag barrel. Each day the crew will fill the bag and put it out in the sun. It'll be warm, even hot, by the time you get into camp, and shower stalls are set up near our camping area. Please complete showers before 8:00 pm. Thus said, the overnight towns do provide showers for a small fee, and sometimes even clean towels, so shower bags are not necessary.

3. And the most frequently asked question: Do we still have room on the bus to the starting town? NO! And we have a lengthy waiting list - so if you have a change in plans, or have not yet told me that you will not be riding the bus to the starting town, let me know ASAP!

Happy trails! Karen



RASH RIDE ON JUNE 14TH

The Prez will be doing a self contained ride to the 6TH annual RASH RIDE on June 14th, I'll of course be leaving on the 13th. This event will start at 200 1st Street West , Independence , IA 50644 . THIS IS A PARTY RIDE, expecting 101-500 riders. Ride at your own pace around Buchanan County on all hard surface roads; some of the best in the state; 25-50 mile ride with stops every 10 miles or so. There will be plenty of food and beverage along the route. Please join me, we'll have a great time. I plan to return on Sunday 6/15. Please check out the website www.rashride.com. Feel free to contact me if you're interested in having some fun. Steve Rudin

THE LEGACY ANNUAL GREAT BICYCLE RIDE ACROSS UTAH

September 7 – 13, 2008

BIC members Sue Bode, Laura Hahn, and Sharon Doak will do this ride through one of the most spectacularly beautiful areas of our country and would enjoy having fellow travelers. If you have ever wanted to visit this area, this is your big chance—it promises to be even more wonderful from the seat of a bicycle.

The 5th annual LAGBRAU crosses Southern Utah, beginning in Blanding on Sunday September 7 and ending in Cedar City on Saturday September 13. The route includes such other-worldly locations as Natural Bridges National Monument, Glen Canyon, Capital Reef National Park, Anasazi Indian Village, Escalante Grand Staircase National Monument & Petrified Forest, Kodachrome Basin, Bryce Canyon National Park and Cedar Breaks National Monument.

The registration fee is \$700 (\$650 for early registrants). The ride covers approximately 425 miles and takes about 200 riders. For more information, see www.lagbrau.com or contact Laura Hahn at ljahn@mchsi.com or 338 3963 or Sue Bode at sbode@q.com or 530 3792.



The Pack'n, Crank'n & Camp'n Ride June 28-29, 2008



Looking for an adventure loaded with fun and camaraderie? We will be embarking on a **VERY SPECIAL** self-contained biking journey to the beautiful Wapsipinicon State Park, located just North of Anamosa (approx. 50 miles). We will travel different routes to and from the park. We will meet at the Prez's home (free parking), 230 W Chestnut in North Liberty, on Saturday, June 28, departing at 8:00 AM; returning on Sunday, June 29. If you have any questions, please contact Steve Rudin at 626-6369 or chaserudy@southslope.net. This ride will take place rain or shine. **Please RSVP by June 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
June 4 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. and snack and chat at a place in North Liberty. For questions call Lynn Rose at 341-7884.
June 11 6:00 PM Solon school	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 Kathy Sharp/Tom Ray at 351-6798 (H), 331-0799 (C).
June 18 6:00 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 Iowa City. For questions call Jan Stewart at 338-2396.
June 25 6:00 PM 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. We will snack at a restaurant in North Liberty. For questions call Mark Stinski at 626-6477(H), 335-7792(O), 319-321-2358(C).

2SDAY 2WHEELERS

Bernie & Cherie Cremers, Al Miller, and Mark Heffron will be sharing the lead on the Tuesday morning rides that continue in June. 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. If you also include your cell phone number Mark will try to work up a group text message capability. The 2sday 2wheelers' rides will normally be intermediate rides in the 12 - 13 mph and 30 - 40 mile range.

Memorial Ride Has Openings

There are still openings for the Memorial Weekend ride on Saturday May 24, and Sunday May 25. The ride starts across the bridge from Dubuque on US 151, Dickeyville, WI. Bicycle the bluffs; see the Mississippi, the Cassville Ferry and Lead Mines. Past rides have been full of enough laughter to hurt your sides. First, get your reservation at the Super 8 in Platteville, 608 348-8800. Then, if you need an entry form, email:

marvin-scher@uiowa.edu.

THURSDAY NIGHT LEISURE RIDES

Thursday Night Leisure Rides continue every Thursday night in the month of June (**June 5, 12, 19, 26**). We will leave from Best Buy parking lot at Coral Ridge Mall 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. Rides in July will leave from College Green Park and rides in August will leave from Best Buy in Coralville. Feel free to contact me at 351-8609 or benrider@mchsi.com. Barb Goff

SOLON BP START

The default starting location from Solon is the parking lot behind the BP convenience store at the blinker junction of IA-1 and IA-382. This location offers restrooms, shade, and refreshments. There is a tiny farmers market on Wednesdays and restaurants are within walking distance. Other ride origins used in the past included Joenseys and the High School. These origins could be inaccessible during a festival and lack stated merits.

JUNE 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!



SUN June 1 8:00
Sharon Doak 626-6834
From Scales Pointe Campgrounds
16/22/32/45+ miles

Take Scales Pointe Road all the way to the campgrounds and Bobber's. This ride aims to loop the Dam. Some may wish to venture to Solon. Afterwards, check out the North Bend Bluegrass Festival at the N.L. United Methodist Church where there's free food from 12 to 2!

TOMRV June 7 - 8

SAT June 7 8:00
North Liberty Community Center
Rebecca Donovan 621-0691
16, 32 & 45 miles
Direct Route Solon & Sutliff

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



SUN June 8 8:00
West High, West Lot
Michael Schwab 471-5500
Tiffin - Oxford 19/choice/37/43/53

Try some different roads to Tiffin and/or Oxford and points west.



SAT June 14 8:00
From Windham, BD Roadhouse
Allen Frauenholtz 351-2911
AHC Scouting to the Malt Shop
28/38/45/52 plus miles

A start from Windham gains more range. Many route options include a loop through Wellman and/or North

English (and maybe Millersburg and Williamsburg for the ambitious) returning on the Black Diamond stagecoach route. The tavern at the end offers an opportunity for camaraderie.



SUN June 15 8:00
Herky Street, North Liberty
Tom Shreves 354-0149
Oxford/Windham/Tiffin
26/38/51 miles

Herky Street is about 300 yards west of I-380 Exit # 4. **Park at the dead end of Herky.** Visit the new Cajun Restaurant, Augusta in Oxford, and/or choose a loop of choice over rolling hills to the south.



SAT June 21 8:00
West Branch Park
Nick Maddix 594-2857
West Here to West There
22/28/38/48/56 or 68 miles

Enjoy the festivities at West Branch's "Hometown Days" before or after the ride. Parade starts at 10am. Ride to West Liberty for some Mexican food or to the Candy Kitchen in Wilton. Looping through the scenic Cedar Valley wetlands adds an additional 10 miles, but is well worth the time.



SUN June 22 9:00
2488 Westwind Lane - Cedar Rapids
Bruce Johnson 393-4388
Pleasant Creek to Center Point

This ride starts at Bruce's home, 2488 Westwind Lane, Cedar Rapids. There are several mileage options, 35, 44, and 55 miles. Enjoy a pool, and snacks after the ride.

DIRECTIONS TO BRUCE'S:

- ◆ Exit I-380 on Blair's Ferry Rd west

- ◆ Go to stop light (3 way stop) at Blairs Ferry and Edgewood Rd.
- ◆ Continue 1.9 miles west on Blairs Ferry to Waterhouse Lane
- ◆ Turn left (south) onto Waterhouse
- ◆ Go 2 blocks to Westwind Rd.
- ◆ Turn right; go to end Westwind Rd
- ◆ Turn right (north) on Westwind Lane
- ◆ 2488 is on your right.

ALMOST SUMMER CENTURY

8:00 From Napoleon Park
Steve Poggenpohl 545-2095

This is a flat, retraced route. It goes through Lone Tree, Conesville and Columbus Junction to Wapello. There are food stops and distance choices.



SAT June 28 8:00
From Napoleon Park
Tim Chadwick 354-0149

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 June 29 2 TIMES!
BBQ Roundup in Cedar Rapids
8:00 Wickham School, 62 mi
Al Hood 351-4753
9:45 Solon BP, 35 mi
Mark Stinski 626.6477

The Solon BP is at the blinker on IA-1; park in the lot behind it. We will take the bicycling trail to 2nd St., just past Czech Village. \$3 gets you and your chops in the door.



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



BICYCLE SALES AND SERVICE

Support your local bike shops!



WWW.BICYCLISTSOFLOWACITY.ORG

BICYCLISTS OF IOWA CITY, INC.
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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!

JUNE 2008

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Ride of Silence

6:30 p.m.

**College Green
Park**

Iowa City

Wednesday,

May 21st,

2008.

