



MAY 2008

THE BICYCLE POST

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

BIKE TO WORK WEEK: MAY 12-16

Pump Up Your Tires and Hit the Road!

The Iowa City/Coralville Bike to Work Week will be held May 12 through May 16 this year. Earn tickets for fun prizes by commuting to work on your bike and attending Bike to Work Week events. This year's Bike to Work Week events include:

Bike Commuter Breakfast

Monday, May 12, 7 am to 9 am
College Green Park

Bike Rodeo

Monday, May 12, 6 pm
Sugar Bottom Bikes, North Liberty

Bike/Car/Bus Race

Monday, May 12
Depart Coralville City offices around 5:15 pm. Conclude at Iowa City City Hall/Chauncey Swan.

Bike Commuter Breakfast

Tuesday, May 13, 7 am to 9 am
On Melrose, in front of Kinnick Stadium

Commuter Doughnuts and Coffee

Wednesday, May 14, 6:30-7:30 am
Sugar Bottom Bikes, North Liberty

Mayor's Ride from Old Pi to New Pi Wednesday, May 14

Meet at Chauncey Swan Park in Iowa City at 5:15 pm. Reception at the end of the ride at the Coralville New Pioneer Food Co-op with prizes and refreshments
Everyone is welcome!
Rain date: Thursday, May 15

Bike to Work Week Celebration Friday, May 16, 6:00-9:00pm

Old Brick 26 East Market St., IC, Join fellow biking/walking enthusiasts for a free end-of-the-week party, 5-7pm at Old Brick. There will be food, drink and live music—as well as lively conversation and drawings for prizes, including a grand prize.

"Commuting 101"

Mid-April - Mid-May.
A series of workshops geared towards new commuters.

For more information and updates on Bike to Work Week events, visit www.cicbikeweek.org

INSIDE THIS ISSUE:

BIC Board Meeting Minutes	2
Bicycle, Blues & BBQ Festival	2
Wednesday Evening Ride Schedule	3
May Ride Schedule	4
LAGBRAU	5
Biking the Mekong Delta	6



APRIL 24 BIC General Meeting

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

The Pack'n, Crank'n & Camp'n Ride May 3-4, 2008



We are planning yet another year of fun packed adventure loaded with team camaraderie. *Team Master Baggers* will be embarking on a self-contained biking journey to the Saulsbury Bridge Recreation Area near Muscatine. We will also plan to ride into Muscatine to explore the bike trails and visit Lock & Dam #16 along the Mississippi River. We will meet at Napoleon Park on Saturday, May 3, departing at 9:00 AM. We will return on Sunday, May 4. If you have any questions, please contact Steve Rudin at (319) 626-6369 or chaserudy@southslope.net. This ride will take place rain or shine. Please RSVP by May 1st.

BIC BOARD MEETING MINUTES

February 19, 2008

Submitted by Rick Walton, Secretary

Present: Rudin, Cronk, Goff, Walton, Berkowitz, Copper, Parrott, Stewart

President Rudin: Called and organized corner marshals for the IC Criterium. Solicited 127 volunteers. BIC will again support the Bike to Work Week; Rudin will cook breakfast May 12 and 13. Walton will assist.

Secretary Walton: Previous minutes were approved.

Vice Presidents Goff & Berkowitz: Feb 27 General Meeting is planned. Laura Hahn presents. Will vote on revised by-laws.

Treasurer Stewart: BIC pledged \$500 for the BTWW breakfast. Financial status is stable.

Membership Cronk: Membership is down slightly, particularly out of state.

Touring Maddix (absent): Rudin reported: Hot Chocolate ride participation was down somewhat. Rudin is organizing a 3-D (Delightful, Devonian, Devotay) ride for Sunday April 6. Details on the website and newsletter.

RAGBRAI Parrott: 163 riders registered. Some additional equipment will need to be purchased (Heitbrink?)

Editor Doak (absent): Rudin raised topic of email newsletter, rather than hard copy. No decision.

Education and Safety Advocate Loring (absent): Loring is Iowa City Trails Representative. Walton is appointed to the Johnson County Trails Commission. Rudin will represent BIC at the Bike Summit meeting in Des Moines January 2009.

Publicity Copper: Will contact media regarding general meetings in the future.

Old business: discussed logistics of electronic newsletters. No decision.

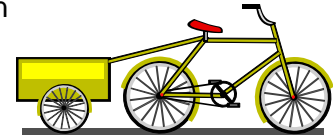
New Business: Discussed a family picnic at Kent Park. Early October (probably Sunday, October 5) best. Board approved this.

Discussed the possibility of a mass emailing to the membership or reminders of special events, meetings, certain rides, etc. These could be done twice before each event. The Board favors this approach. Parrott said she could easily do this from our membership list, which Cronk has electronically organized.

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



THANK YOU FRIESE'S!

On behalf of the Rudin's, and all of our members who were treated to a very special meal prepared by Kim and Kurt Friese, and their staff at the Devotay Restaurant, I would like to say Thank You, for making this all possible. Your efforts were enjoyed by us all. The food that was prepared was simply awesome. Thanks again for volunteering to do something special and to get our biking season started with a special flare.

Steve Rudin

3D Ride and the First Annual Biker's
Brunch was absolutely DELIGHTFUL!



Bicycle, Blues and BBQ Festival
JULY 6TH-8TH, 2007 · CLEAR LAKE, IOWA

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 finishes on Sunday with a race. The following is the web page for the ride though they have not updated the information yet for this year's event.

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. Updated information will follow in the next newsletter. If you have any questions, please feel free to contact me at chaserudy@southslope.net.

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
May 7 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 EB Taylor's Pizza Pub (formerly Rookies). For questions call Lynn Rose at 341-7886.
May 14 6:00 PM Mayors Ride Iowa City	6 Miles Bike to Work Week	This ride begins at the Chauncey Swan Parking Ramp in Iowa City and ends at the New Pioneer Co-op in Coralville. We ride as one large group through town past the dog park, and through Coralville. Food is served at the Co-op at the end of the ride. This is a point to point ride, so remember to make proper arrangements to travel safely home after the ride to the Co-op in Coralville.
May 21 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 Doug Kerns at 626-9140.
May 28 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. We will dine in Hills afterwards. For questions call Steve Rudin at 626-6369.

2SDAY 2WHEELERS

Bernie & Cherie Cremers, Al Miller, and Mark Heffron will be sharing the lead on the Tuesday morning rides that begin in May. They will leave Napoleon Park at 9:00 am each Tuesday beginning **May 6th**. 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.

Thanks Bernie, Cherie, Al and Mark for leading these rides!

MYEP YOUTH FEST RIDE

BIC members are invited to ride in the MYEP Mayor's Youth Fest ride on Saturday, May 3 starting at 10:00 am. Ride from MYEP to Hills and back. MYEP will treat riders to lunch.



THURSDAY NIGHT LEISURE RIDES

Thursday Night Leisure Rides will begin **Thursday, May 1 at 6:00 PM**, and every Thursday night through the month of May. (There are five Thursdays in May.) We will leave from College Green Park in Iowa City, 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 June and August will leave from Best Buy in Coralville, and July rides will leave from College Green Park.

Feel free to contact me at 351-8609 or bentriders@mchsi.com.

Barb Goff



MAY 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

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

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 May 3 Two Rides



Maifest in Amana

8:30 Herky Street

Nick Maddix 594-2857

9:30 Amana Trailhead

Show N' Go

Choice of miles & 34 to 54 mi

Herky Street is about 300 yards west of I-380 Exit # 4. **Park at the dead end of Herky.** Children could enjoy a parade in the Amanas starting at 10 AM and bicycle the trails afterwards to a Renaissance Faire in Middle Amana.



SUN May 4 Two Times

Mount Vernon Chalk the Walk

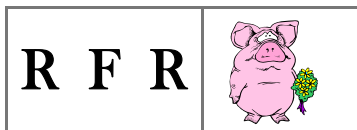
8:30 Wickham School, 62 mi

William Heitbrink 335-4213

9:45 Solon BP, 31 mi

Mark Stinski 626-6477

Mileage options are 62 and 31 miles round trip. There are several possible starting locations; let the ride leader know your plans.



SAT May 10 Two Times

Spring Ride for Ribs RSVP or Watch

(A joint event with Hawkeye BA)

All-you-can-eat BBQ ribs dinner at Myers' Grill, 303 Highland St., Williamsburg. Excellent entrees are also available off the menu. Bring your own favorite beverage. **About 30 bicyclists enjoy this fun ride twice a year. Camaraderie, laughter, and great food are an excellent combination. We are limited to the first 30 who RSVP. Call Steve Rudin before Wednesday, May 7, or e-mail chaserudy@southslope.net.**

This is a rain or shine event, unless you can't eat when it's raining. **Both rides start from the southeast corner of Williamsburg Park Square.** All rides finish by 4:00 PM.

9:00 AM Joe Smith 627-2274

A NEW route this year will go southwest and offer several lengths up to 70 miles and a place to have a light lunch. You could also return to join the 1:00 PM riders for the eastern 26-mile loop.

1:00 PM Jan Stewart 338-2396

26 miles travels a simple rectangular loop via V66-Parnell-Holbrook-W21 and offers smooth blacktop.



SUN May 11 Start 9:00

From: Napoleon Park

Steve Poggenpohl 545-2095

Lone Tree/West Liberty/Wilton

15/27/54 miles & up

Loop around Lone Tree or continue east on new blacktop to West Liberty and Wilton.



SAT May 17 Two Times

Houby Days at Czech Village

7:30 Wickham School, 62 mi

William Heitbrink 335-4213

8:45 Solon BP, 35 mi

Nick Maddix 594-2857

The Solon BP station is at the blinker on IA-1, and a Community Center parking lot is behind it. A large group participated last year. Two starting and rendezvous locations offer many round-trip choices. We will take the bicycling trail to Czech Village and arrive before lunch. **The parade starts at 11:00.**

SUN May 18 Start 9:00

Gretchen Holt 341-2509

From West High, West Lot

Tiffin - Oxford - Windham

Welcome to spring ride. From 19 to more than 50 miles, riders will group up and decide.

SAT May 24 Start 9:00

Mike Schmidt 321-9901

From Napoleon Park Hills, Amish Country, Wellman 18/22/27/ choice to 50+ Miles

Amish country affords scenic and quiet roads and many mileage choices.



Amana Country Fair

SUN May 25 Start 9:00

From Herky Street 18/34/54+ Miles

Dick Siefers 338-5984

Herky Street is about 300 yards west of I-380 Exit # 4. **Park at the dead end of Herky.** The Amanas are hosting their first annual Country Fair. We should get there by 11am just before they open. Located at the Amana RV Park, just 1/2 mile NW of Amana. **Admission is FREE.** We will regroup at the Amana trailhead (restrooms) near the Millstream Brewery.

MON May 26 Start 9:00

From West Branch Park

West Here to West There or Tipton

Steve Swails 337-4272

22/28/38/48/56/68 miles

Many options. Destinations include West Liberty/Moscow/Wilton/Durant. Another option would be Tipton and north.



Tour de Burgs Century

SAT May 31 Start 7:00

From Hills E. School

28/62/74/100 miles

Rick Walton 354-8090

N. English - Millersburg - Williamsburg 28/62/74/100 Miles

This unsupported century offers a relatively flat westbound route with many distance choices as loops and retraces. Towns en route offer food. Wakeup your legs for TOMRV!

LAGBRAU

The Legacy Annual Great Bicycle Ride Across Utah September 6 – 13, 2008

BIC members Sue Bode and Laura Hahn will do this a 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. Of course, if you or someone else you know would prefer to see the scenery by vehicle, we would consider a support driver.



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.

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.

**400 MILES. 7 DAYS.
3 NATIONAL PARKS.
2 SKINNY TIRES.**

ANOTHER REASON TO RIDE YOUR BIKE

The bike can be an effective form of transportation and a money-saving tool. The average cost of owning and operating a car is \$7,834 per year, according to the AAA. The average cost of owning a bicycle is just \$120 per year, according to the League of American Bicyclists. Also, 25 percent of all trips by car in the U.S. are less than 1 mile; 40% are less than 2 miles.

Bicycling magazine, July 2006, pg. 68

MAY IS BIKE SAFETY MONTH

Barry Carter sent an email back in December to a group of bicyclists. I printed it off, tucked it away in my BIC newsletter folder and thought maybe I could use it someday. I really didn't want to think about risking my life every time I take to the road on my bike. True, I was concerned about recent cycling deaths from car "accidents" and serious injuries that have occurred. As Barry said, an even bigger concern is that drivers are often not charged or receive very light fines. Following a recent death by automobile, a police officer in one state was heard to say, "That's what they get for riding on the road." And we are facing action by Iowa counties to limit liability or even prevent riding on county roads.

The January/February issue of *Bicycling* magazine has a sobering story of America's broken traffic laws and profiles of fallen cyclists, 7000+ who have been killed in the past decade. You may think those cyclists were bicycling in urban regions of the country with heavy traffic. But bicycling deaths happen in rural Iowa on the isolated blacktops we know so well. On April 4, Randy Van Zee, 56, from Sheldon, an ultracyclist who has cycled in RAAM, was killed when he was hit from behind by a car.

I realized that I should be a member of the League of American Bicyclists AND the Iowa Bicycle Coalition, as Barry urged us to join. The groups are fighting to prevent exclusion of bicycles from roads, assisting families who have deaths from drivers and trying to lobby state legislatures and police departments to provide more driver education and increase responsibilities for drivers.

The League had over 100,000 members 107 years ago. They now have 25,000. This is a shame. Please consider joining these 2 important organizations. -S. DOAK

BICYCLE FRIENDLY COMMUNITY

The League of American Bicyclists gives out awards to communities that meet their criteria of a Bicycle Friendly Community. Last April Iowa City applied for the award and received an Honorable Mention. (The designations are Gold, Silver, Bronze based on how many criteria are met.) An evaluation was provided to Iowa City and is on-line at the JCCOG website. The purpose of the forum on May 14th will be to discuss the evaluation and see what the city must do to move-up to a Gold, Silver or Bronze award.

The forum will be from **12-1 on Wednesday, May 14** in meeting room A at the IC library. Kent Ralston, the assistant transportation planner for JCCOG, and Bob Oppliger or Mark Wyatt will lead the discussion.

If you wish more information, check the LAB website for more on the BFC award process.

<http://www.bikeleague.org/programs/communities/>

BIKING THE MEKONG DELTA: CULTURE, CONTRASTS, & CRAZINESS

From January 22 to February 7, 2008, Rick and Laura Walton, along with their friend from Chicago, Arch Bryant, enjoyed a bicycling adventure in the Mekong Delta region of Viet Nam. Their journey took them from Cedar Rapids to Denver, then to San Francisco where they caught a 13-hour flight to Hong Kong and then on to Saigon. Their trip was arranged through Discover Viet Nam, a touring company.

The Waltons took their 27-speed Bike Fridays with them – packed into suitcases! Arch shipped his road bike.



They biked about 250 miles scattered over ten days with two layovers. The night lodging was in interesting hotels in very varied cities along the way. After returning to Saigon, they stayed four additional nights enjoying site seeing and the festivities and decorations in place for Tet—the lunar New Year celebrated country-wide in grand style.

The “craziness” was the bicycling. Rick reports that the traffic on the Vietnamese roads was often heavy and resembled, as he put it, a “free-for-all.” The primary mode of transportation of the citizens was motorbikes. Many carried three or four passengers or large, heavy loads. Along with the cycles, the traffic was made up of pedestrians, pedicabs (many with large loads), handcarts, buses, large trucks, and cars, all on mostly two lane roads. The buses and trucks would barrel right through the mass of traffic with horns blaring. Everyone would move to the side, then close in after the vehicle passed, like a boat going upstream. The trio had no accidents, despite the lack of paths and usually no bike lanes; remarkable!!! Fortunately, they had only one flat tire.

The tour group consisted of the Walton's, Arch Bryant, a guide, and a driver who transported their luggage and supplies in a van. The weather was very hot, usually in the high 80s or 90s, and one day reached 104 de-



grees. While it did rain during their trip, they had no precipitation while they were biking.

The Waltons and Bryant ate typical (very good) Vietnamese food during the trip: fruits, rice, fish, noodles, soups, shrimp, eggs, and other unidentifiable substances (they didn't ask!!). Continental breakfast at the hotels generally included cereal, fruit, meat, breads, cheeses, eggs and much more. They drank bottled or processed water. None of the three had any illness during the trip.

Rick reported they encountered no animosity because they were Americans, possibly because many of the Vietnamese were born after the Vietnam War, and because they appreciate guests in their country. Aside from some tourist shops and hotels, few locals



Laura talking with two Vietnamese girls

spoke English. Their guide and driver spoke rudimentary English.

Sightseeing included pagodas, temples and other religious sites, including Catholic, Buddhist, Hindu, Confucian, Taoist, Islamic and Cao Dai; Viet Nam is a mix of many religions. They also visited some tourist attractions such as the Reunification Palace and the War Remnants Museum, unique national parks and climbed Mt. Sam and Black Lady Mountain. Another highlight was visiting the tunnels of Cu Chi, a 155 mile network that was created during the French Indochina War by the Viet Minh and utilized by the Viet Cong through the Vietnam War. The tunnels included housing, kitchens, and field hospitals. Visitors are encouraged to tour the tunnels and the visitor's center.

It was an interesting, unpredictable, and at times, harrowing experience. The Walton's best description is: Culture, Contrasts and Craziiness.

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!

MAY 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
bentriider@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
bentriider@mchsi.com

Procurement

Sue Heitbrink
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

**Life's a bike
ride. Jump
on, laugh,
peddle,
laugh, fall
off, laugh,
get back on,
laugh, coast,
laugh, jump
off.**

VISIT BIC ON THE WEB AT
WWW.BICYCLISTSOFIOWACITY.ORG