



OCTOBER 2008

# THE BICYCLE POST

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

## ELECTIONS, VIETNAM BIKE TRIP SET FOR OCTOBER MEETING

Our October 22 meeting – featuring elections and a bike trip talk – moves to a new venue, Gus' Food & Spirits in Coralville.

We'll gather at 6 p.m. for appetizers provided by the club. You'll also be able to order a frosty beverage of your choosing (but you gotta pay yourself) while you socialize.

You can order dinner when you arrive, too. For \$9 (tax and tip included), you can choose either a breaded pork tenderloin, a burger or a veggie wrap. This meal deal includes a choice of potato, a side dish and a soft drink.

Plan to place your order by 6:10 to be able to have your food served by the 6:30 program start.

Elections will follow the meal (see the slate of officers on the sidebar of this page).

Our program will feature Rick Walton's slide show from his tour around Vietnam. It's your chance to see a place more unusual than the Iowa farm country we often ride through.

In all, this promises to be a fun night, a chance to catch up with friends after a long, wet biking season and hear tales of exotic travels.



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### Biking Tip of the Month

When parking a bike on a kickstand, turn the front wheel to the right. Your bike will be more stable.

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

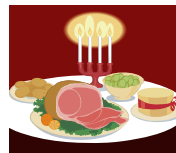
## DEVOTAY 3-D RIDE: ANOTHER EXTRA, EXTRA, EXTRA SPECIAL RIDE



Date: Sunday, October 19  
 Time: 9:30 AM Sharp  
 Ride Start: 117 North Linn St. (Devotay Restaurant)  
 Ride Leader: Steve Rudin

Please plan on joining us for a very special 3-D (Delightful, Delicious, and Devotay) event. We will start with a ride offering us biking enjoyment and conclude with a wonderful buffet that will appeal to anyone who enjoys fine dining. The ride will take us down Sand Road to Hills. We will stop at Casey's, if desired, then do the Sharon Center loop (approximately 35 miles). For those who

wish to do more they can also do the Angle Road loop. We will then return to the Devotay Restaurant for a wonder buffet starting at 1:00 PM. We will only be accepting reservations for the first 35 people to RSVP. Our wonderful hosts, Kim and Kurt Friese, will treat us to a specially priced buffet for only \$8.00. This is a real deal!!! Please RSVP by October 15 if you are planning on participating or have any questions. I can be reached at ( 3 1 9 ) 6 2 6 - 6 3 6 9 o r [chaserudy@southslope.net](mailto:chaserudy@southslope.net).



Should we have inclement weather that day the ride will be cancelled but the dining will take place as planned. **THANK YOU** Kim and Kurt for this wonderful opportunity to enjoy a very special day of fun and great food.

### Reminders!

**Sunday, October 5:** BIC Fall Picnic at Kent Park (Bob White shelter), 11:00-3:00 (eat at noon).



### Wednesday, October 22: General BIC Meeting

Candidates for the 2008-2009 BIC executive board:  
 President: Steve Rudin  
 Co-Vice Presidents: Dan Berkowitz & Donna Hamm  
 Treasurer: Todd Stewart  
 Secretary: Rick Walton  
 RAGBRAI coordinator: Karen Parrott

## BIC BOARD MEETING MINUTES

August 19, 2008

Submitted by Susan Heitbrink for Rick Walton, Secretary

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

Absent: Walton, Chappleau

President: Rudin commented that RAGBRAI was great. The self contained trip also went well.

Vice Presidents: Goff and Berkowitz: The next general meeting will be October 22 at Gus' Food & Spirits in Coralville. The board decided that members should arrive at 6 p.m. The menu choices given would cost \$9. per person including tax and tip. Berkowitz suggested we also order chips and salsa and a vegetable tray as an appetizer to make things more cordial. The board concurred. The slate of officers will have to be set so they can be posted in the newsletter and voted on at the October general meeting. Rudin has agreed to stay on as president and Todd Stewart will run for treasurer. Walton was absent and will have to be contacted about remaining as secretary. A notice will also be posted in the newsletter asking the membership if anyone wants to be on the board.

Treasurer: Stewart submitted a written Treasurer's report for July indicating a checking account balance slightly lower than a year ago but still stable. The RAGBRAI 2008 report indicates a negative balance of \$143.04. The insurance is with a different carrier but with the same agent.

Membership: Cronk submitted a written report that indicated there are 287 active members with 3 new individual members and 2 new family memberships. There are a few more family memberships than individuals. Cronk is stepping down. He will stay in his position until a replacement is found.

Touring: Maddix has posted the ride schedule on the website. Wednesday night rides will start at 5:30 p.m. beginning in September. There will be no Rib ride this Fall. Examples of enhanced maps were shown to the board. The board discussed off-season rides. The board voted weekend rides will be "Show & Go" with starts rotating between Napoleon Park, North Liberty Rec Center and Kate Wickham Elementary. Times and locations will be posted on the website. October 5 is the picnic at Kent Park and October 19 is the Devotay ride. Members may organize rides and post them on the website.

RAGBRAI: The board discussed and took steps to resolve some problems that occurred on RAGBRAI.

AHTCC: Chappleau was absent. She will need help recruiting volunteers to help. The entrance fee goes up by \$10 after September 1. This year students get a discount.

Editor: Doak reported that the Zephyr print shop in Coralville will open soon. The club has sold 116 BIC jerseys. Board will discuss how many to reorder at the next meeting.

Education and Safety Advocate: Loring reported the presentation of the BB/BS bike donations is Sunday, September 14 from 10 am to noon at the Johnson Co. Fairgrounds. A citizen task force will be set up to put together a plan for Iowa City to meet the requirements on the Bike Friendly Community application.

Publicity: Copper submitted BIC's marketing plan for The Courage Ride (AHTCC).

Webmaster: Maddix reported 13,600 hits were made to website. Courage ride is linked at <http://www.courageride.org>.

Old Business: BIC sent Maddix to the Midwest Planning Conference. The presentations can be viewed at <http://www.iowadot.gov/2008transconf/speakers.html>

New Business: Copper will attend the bicycle summit January 22-24, 2009. Loring said he will also attend. Rudin asked for assistance with the October 5 picnic. Copper will ask Nick VanDerWeide to provide music for the picnic. Diane McGinnis has volunteered to serve in a hospitality function. She will send welcome letters to new members. A discussion of a handling fee for RAGBRAI refunds has been tabled until the next meeting. Maddix asked if BIC should look into using non-profit postage. Will need to be researched and discussed at a later time. 2008 Iowa State Bicycle maps are out.

## WRAPPING UP TOURING 2008

The BIC Official Touring Season is drawing to a close, with our last rides being November 1<sup>st</sup> and November 2<sup>nd</sup> from Napoleon Park (see details at the end of this column). Unlike in past years, the winter rides will not be official this season, meaning that these rides will be left in the hands of the members. We'll alternate starting locations between three places: Napoleon Park, Kate Wickham, and the North Liberty Community Center. Interested riders will show up at these alternating locations and will decide on a route. This will continue through March of 2009. A detailed schedule will be published in next month's newsletter, so look for it and keep it in a safe place. The official start of next season will be the Devotay ride on April 4th, 2009, which proved quite successful this year. We'll still have on occasion special event ride, like the Hot Chocolate Ride, and new and official this year, the Xmas Lights Ride. More details will be forthcoming.

2008 proved to be a rough year overall. Not only did we have the persisting ice storms into late March, but Iowa saw record flooding which affected a number of our club members and limited the places we could ride for a time. But still we rode, places familiar and places we had not been to for awhile. We took in the scenery, the food and drink ...and the roadkill too. We blessed the local Casey's after a hard day's ride and even treated ourselves on occasion to one of the many local restaurants, often interacting with the locals as well.

The first Ride of Silence was held, bringing in nearly thirty people who attested to their right to the roads, all while mourning and honoring injured and fallen cyclists. Bike to Work Week brought in more commuters than ever. Our 4<sup>th</sup> of July Breakfast ride was as successful as ever and so was our Amish Harvest Tour to Cure Cancer.

The Touring aspect of BIC is reorganizing as the last two months have been a mix of success and failure. So in a sense, I am glad this season is over. I'll be focusing on restructuring the ins and outs of the program in order for it to return to the amount of success it once had in past years, so please look forward to it. As always, I'm just an e-mail away if you like to raise questions or concerns that you may have. For many of you, we'll see you next April! -Nick Maddix

### November Rides – Napoleon Park to North Liberty – Host: To Be Determined

**Sat., 11/1 @ 10 AM** – Spooks on the Trail Ride (Come dressed up!) **Sun., 11/2 @ 11 AM** – Bike Shops Road Tour – (Road/trail ride to show our appreciation to our local bike shops for a great season)



# **Metro Bikeway Master Plan WORKSHOPS**

You're invited to participate! Please join us and share your input, or come to learn more about cycling in your community. Door prizes and refreshments will be provided.

**September 30, 2008 - 7:00 PM**

**North Ridge Pavilion, 2250 Holiday Rd., Coralville**

This workshop will focus on Coralville, North Liberty, Tiffin, and rural bikeways.

**October 8, 2008 - 7:00 PM**

**Johnson Co. Sr. Center, 28 S. Linn St., Iowa City**

This workshop will focus on Iowa City, University Heights, and University of Iowa bikeways.

For more information, contact:  
Kristopher Ackerson, JCCOG Assistant Transportation Planner  
356-5247 or [kristopher-ackerson@iowa-city.org](mailto:kristopher-ackerson@iowa-city.org)





# Bicyclists of Iowa City Ride Schedule

## October 2008

**All riders must wear helmets to be considered part of the BIC ride.**

Check the main page of the website ([www.bicyclistsoflowacity.org](http://www.bicyclistsoflowacity.org)) for ride cancellations, additions, or alterations at least 24 hours before ride start time, or simply call Nick Maddix at 319-594-2857, e-mail: [bicyclistsoflowacity@gmail.com](mailto:bicyclistsoflowacity@gmail.com)

**See the newsletter article for the TWO November Rides. November 2<sup>nd</sup> will be the last official BIC ride for 2008.**

DATE	TIME	MEET AT	MILES	RIDE HOST	DESTINATION(S)
4-Oct	9 AM	Herky St., North Liberty	34	Show N' Go	Amana

**Description:** Celebrate Oktoberfest in the historic Amana Colonies. Just make sure you are able to ride home in one piece!

5-Oct	11 AM	F.W. Kent Park	Varies	On Site	F.W. Kent Park
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**Description:** Come join BIC for our first annual picnic. See the newsletter for details. Plenty of variety for all here from trails to trials!

11-Oct	10 AM	Scott Park, Iowa City	24	Jan Stewart, 338-2396	West Branch, Downey
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**Description:** We'll ride east to West Branch on the HHH, then south to Downey on X30, before finally returning to town on US 6 & Amer. Leg. Rd.

12-Oct	10 AM	Solon BP	28, 30	Show N' Go	Lisbon, Mt. Vernon
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**Description:** Ride the hilly, flat, then hilly again stretch of F14/X20 to these side-by-side cities. Stop at the tavern in Suttiff on the way if you'd like.

18-Oct	10 AM	Napoleon Park, I.C.	34	Todd Stewart, 338-2396	Lone Tree
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**Description:** Head to Lone Tree before looping back to the park on this flat, generally low traffic route.

19-Oct	9:30 AM	117 N. Linn (Devotay's)	35	Steve Rudin, 626-6369	Hills, Sharon Center
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**Description:** The ride will take us down Sand Road to Hills. We will stop at Casey's, if desired, then do the Sharon Center loop before heading back.

25-Oct	10 AM	North Liberty Comm Ctr	24, 33	Steve Swails, 337-4272	Coralville Dam
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**Description:** Tour some of the best fall foliage in the area by looping the Coralville Dam & Sugar Bottom Area. Relax at Bobber's afterwards.

26-Oct	10 AM	West Branch Square	36	Nick Maddix, 594-2857	Tipton
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**Description:** The Cedar River Valley provides another great opportunity to view autumn splendor. We'll break in Tipton before heading back.

## Bicyclists of Iowa City, Inc.

### Membership Application

BIC, founded in 1976, is a group of area bicyclists interested in all aspects of cycling. BIC is affiliated with BICYCLE USA—The League of American Bicyclists and Adventure Cycling. Membership is open to everyone with an interest in responsible bicycling.

Date: \_\_\_\_\_  New  Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Occupation (for statistical info): \_\_\_\_\_

Bicycle interests:  Commuting  Touring  Racing

### Membership Categories:

IN IOWA

Individual, \$20/year

Sustaining, \$25/year, minimum. Your gift helps cycling in Johnson County. THANKS!

Family, \$30/year; please list family members

OUTSIDE IOWA

Out-of-state Individual, \$25/year

Out-of-state Family, \$35/year

Waiver: I do hereby for myself, heirs, executors and administrators WAIVE any and all claims for damages, demands, and causes of action of every nature which I may have or which may hereafter accrue to me against any and all members of the organization and sponsoring agencies during participation in organization events or during travel to, and return from, such events.

Signature of Applicant

\*Signature of Parent or Guardian (If applicant is 17 years of age or younger, parent's or legal guardian's signature is required.)

Please do not include my name or address when BIC releases its mailing list to businesses or organizations providing services of interest to bicyclists.

### Some of BIC's activities and interests include:

- Club meetings, watch newsletter for details
- Newsletter, The BICycle Post
- Weekend day rides and weekend overnight rides
- Annual RAGBRAI® travel arrangements.  
Please note: to participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.
- Extensive web site of club activities and area/national bicycle resources at [www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)
- Assistance to Old Capitol Criterium Bicycle Race organizers
- Promotion of responsible bicycling as enjoyable transportation, sport, recreation, and fitness
- Strong, active advocates for municipal, regional, and state cycling issues
- Member discounts at local bike shops

### BIC's success depends on your active support!

Please help by marking one or more of the following:

- Ride leader:  Short  Medium  Long
- Newsletter:  Writing  Editing
- Publicity
- Local advocacy
- Thursday Evening Leisure Rides
- Wednesday Evening Rides
- Programming: Arrange speakers for meetings
- Membership: Process applications and data
- Old Capitol Criterium: 150+ volunteers needed for a variety of tasks
- Amish Harvest Tour to Cure Cancer Ride: Registration, refreshments, course markers, etc.
- Sag Wagon: provide motorized escort for rides
- RAGBRAI®  
To participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.

Send application and check/money order to:

**Bicyclists of Iowa City**  
**P.O. Box 846**  
**Iowa City, Iowa 52244**



Support your local bike shops!



WWW.BICYCLISTSOFLOWACITY.ORG

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

The BICycle Post  
PO Box 846  
Iowa City, IA 52242-0846

To continue receiving your BICycle Post, you must renew before your membership expires. Expiration date is printed above your address. Application form is inside!

OCTOBER 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  
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### Touring Coordinator

Nick Maddix 594-2857  
moonlightrose44@gmail.com

### BICYCLE Post Editor

Sharon Doak 626-6834  
skdoak@yahoo.com

### Treasurer

Jan Stewart 338-2396  
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### 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

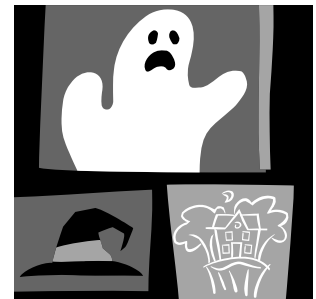
Mary Copper 430-7169  
mary-copper@uiowa.edu

### Amish Harvest Tour to Cure Cancer Ride Coordinator

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

### Membership

Brad Cronk 341-0563



**SPOOKS ON  
THE TRAIL  
RIDE**

**SATURDAY  
NOVEMBER 1**

**WEAR YOUR  
COSTUME!**