



SEPTEMBER 2008

THE BICYCLE POST

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

BIC FALL FAMILY/FRIEND PICNIC



Our first annual BIC fall family (or friend) picnic will take place on **Sunday, October 5, 2008** at **Kent Park**, located just West of Tiffin on Hwy. 6. We will meet at the Bob White Shelter, located across from the East loop. Please feel free to join us between **11:00-3:00**. We will start eating around noon. Meat, bever-

ages, dessert, and table service will be provided by BIC. Please bring a covered dish to share.

Enjoy the park's beauty while riding around the loop before the meal and you will surely work up an appetite. Or enjoy a ride around the park after you have eaten. Please remember safety first, helmets are required. There will be an assortment of games and prizes to be shared by the entire family.

To RSVP please contact Steve Rudin by October 1 at (319) 626-6369 or chaserudy@southslope.net. We look forward to seeing you there!

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

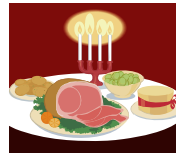


Make Your Reservation NOW!

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.



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.

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Biking Tip of the Month

Occasionally a tire will develop a defect, particularly on a sidewall, such that the tube will extrude and puncture. One method of temporarily repairing the defect is to place a folded dollar (another denomination will also work) on the inside of the tire over the defect. A better repair material is to cut pieces from the type of packaging that is used for mailers from UPS or FedEx. This is a very tough and lightweight material and can easily be carried in your seat bag without taking up any space.

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



140 MILES FOR SMILES!

A group of 8 motivated triathletes are raising \$20,000 to benefit children affiliated with Big Brother Big Sisters in Iowa City & Cedar Rapids. They will compete in the Ironman Wisconsin on Sept. 7, 2008 in Madison, WI. An Ironman consists of a 2.4 mi. swim, 112 mi. bike ride, and a 26.2 mi. run, for a total of 140.6 miles all in one day! Thus – 140 miles for smiles was created. Their mission is to raise enough money to buy 140 lucky children a bike. That's a new bike for a child for every mile of the race! In addition each child will receive not only a bike, but also a helmet, a bike lock, and a bike safety/instruction course.

The BIC Board voted overwhelmingly to support Miles for Smiles by donating \$1000. The Board had been searching for another way to support kids and bicycling in the local area, after giving a few bikes away to kids during a past holiday. Supporting Miles for Smiles fit well with BIC's goals of helping children in Johnson and Linn counties to receive their first bike!

The 140 Miles for Smiles bike give away will be on September 14, 2008, at the Johnson County Fairgrounds from 10:00 am - 12:00 pm.

Go to www.140milesforsmiles.com to see the athletes and for more information.

BIC BOARD ELECTIONS IN OCTOBER



Following another great year for BIC, the ad hoc nominating committee wishes to submit this list of names as 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 is very fortunate Steve Rudin has agreed to serve as president for another year and for Dan Berkowitz, Rick Walton, and Karen Parrott to continue to serve in their positions. We welcome new candidates for co-vice president and treasurer. At the **BIC October 22 meeting**, these nominations will be put forth for member's approval. BIC members are encouraged to make nominations from the floor also.

The APPOINTED board positions include Publicist, Membership, Touring Coordinator, Wednesday Evening ride coordinator, Thursday Leisure ride coordinator, Amish Harvest Tour to Cure Cancer ride coordinator, webmaster, BIC Post editor, Advocacy, and Procurement. If you are interested in any of these positions, please speak with the President. Volunteering for your bike club will reward you in many ways!

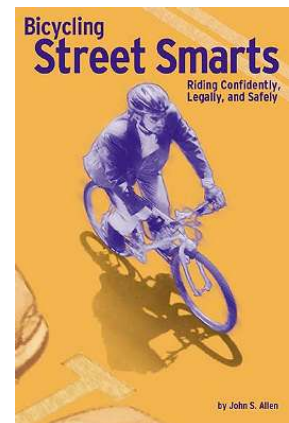
BIC TOURING UPDATE

Hello everyone. I would like to formally announce that based on decisions made by the BIC Board, I am now the sole Touring Coordinator for the Bicyclists of Iowa City. Therefore, changes will be forthcoming starting in September.

The board has authorized me to try out a few new things with our program including potential new routes, acquiring ride leaders, and even the everyday running of the program that many of you have become accustomed to over the years. In my opinion, BIC needs to take risks in order to grow and it is my hope that based on suggested changes that this will indeed happen. During this "beta" time frame, where nothing may stay consistent over the months, I encourage each and every one of you to leave me feedback. Tell me what you like, and what you don't like. With a club as diverse as ours with many different members, it's impossible to cater to everyone, but all the while we should not limit ourselves either.

Our Touring Program actively depends on your support and the easiest and most effective way you can assist us is by volunteering to lead a ride. The success or failure of our program depends on your dedication and continuing support. My contact info is on the last page of the newsletter, please use it to contact me with any questions or concerns about BIC's Touring Program.

Thank you. -Nick Maddix



"BICYCLING STREET SMARTS"

The Charles River Wheelmen of Massachusetts (<http://crw.org>) featured an article on tuning up your cycling skills. Among the many resources that they recommended was an on-line "booklet" that offers some great tips for people at all skill levels. "Bicycling Street Smarts" from John Allen "covers all the bases in a short and easy to read format." Check out this great resource by going to <http://www.bikexpert.com/streetsmarts/index.htm>.

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
September 3 5:30 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 or Iowa City afterwards. For questions, call Joe Smith at 627-2274.
September 10 5:30 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 proceed to Eggy's for snacks and chat. For questions, call Steve Rudin at 626-6369.
September 17 5:30 PM Solon BP station	20/27 miles	Meet at the parking lot behind the BP convenience store at blinker junction of IA-1 and IA-382 in Solon. 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.
September 24 5:30 PM Hills	18/27 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 Hills or Iowa City. For questions call Bob Lorenz at 530-4254.



WANTED: USED ROAD BIKE

Looking for a used road bike with drop handlebars and either a 56 or 57 cm size frame.

Contact Tom Arndt at 319-688-9582 or email: iccyclones@mchsi.com.



JOHNSON CO. CONSERVATION BOND INITIATIVE

On November 4, 2008, voters in Johnson County will have the opportunity to make a difference for generations to come. On the ballot will be a conservation bond initiative. This could be the most important local environmental, conservation, recreation, and trails measure of our lifetimes. The conservation bond initiative will invest \$20 million over the next 20 years in Johnson County for conservation, recreation and trails, and will be administered by the County Conservation Board. This is an investment in our land, our water and our future.

For a home owner in Johnson County, this would be an investment of about \$2.20 a month—or about the cost of a large soda. According to the County treasurer, an owner of a \$200,000 house would pay an additional \$26.36 a year. Farmland owners would pay approximately an additional 21 cents per acre.

This local investment will be leveraged with grants, donations, and other investments for a multiplying effect of 2.5 to 3 times. That's \$50 to \$60 million for water quality, timberland, habitat preservation, land conservation, recreation and trails. With urban growth and sprawl, the opportunities to preserve unique and vital lands decrease with each year, so time is of the essence. No land will be condemned; only willing sellers will be considered. The plan will be flexible and developed with much citizen input, and the spending will receive annual audits.

As the Chair of the Johnson County Trails Advisory Committee and the co-chair of the Citizens for Our Land, Water, and Future you might expect that I am advocating for trails and bicycling in the bonding effort. However, this investment will do so much more for our quality of life and our environment.

I hope the cycling community will embrace this effort and do everything they can to encourage people to flip the ballot over and vote yes on the conservation bonding issue.

Janelle Rettig, co-chair
 Citizens for Our Land, Water and Future
 PO Box 5125, Coralville, IA 52241
www.landwaterfuture.org email: landwaterfuture@gmail.com

Bicyclists of Iowa City Ride Schedule - September 2008

DATE	TIME	MEET AT	MILES	RIDE HOST	DESTINATION(S)
1-Sep	9 AM	West Branch Square	36.5	TBD	Tipton
Description: Ride to the hamlet of Cedar Bluff, and then onward to Tipton. Loop back via Cedar Valley Rd and Herbert Hoover Hwy.					
6-Sep	9 AM	Irving Weber School	62	Bill Heitbrink, 338-2536	North English
Description: Follow the Black Diamond to Parnell, and then loop back on curvy and scenic CR-F67 and then Angle Rd to Frytown.					
7-Sep	9 AM	Napoleon Park	40	Jan Stewart, 338-2396	West Liberty
Description: We'll ride Sand Rd & CR-F62 all the way to West Liberty and have brunch before retracing back to the park.					
13-Sep	9 AM	Amana Trailhead	26, 56	Nick Maddix, 594-2857	Marengo, Belle Plaine
Description: Head to Belle Plaine to celebrate Jumbo Well Days or do a shorter choice of loops around the Amana area.					
14-Sep	9 AM	West High School	52	Rick Walton, 354-8090	Williamsburg
Description: We'll ride IWV all the way to Williamsburg and then loop back via the old Black Diamond stagecoach route.					
20-Sep	Varies	Hills City Park	Up to 100	BIC & U of Iowa	Amish Country
Description: Ride to support cancer research while enjoying spectacular views in Amish Country. Details at www.courageride.org					
21-Sep	9 AM	Hills City Park	35, 52, 54.5	Laura Hahn, 338-3963	Lone Tree, Conesville
Description: Loop Lone Tree or loop / retrace through Nichols and/or Conesville. Encourage campers from the AHTCC to join us!					
27-Sep	9 AM	Napoleon Park	42	Nick Maddix, 594-2857	Kalona
Description: Head to Kalona and check out the Fall Festival. We'll retrace Sand Rd and IA-22 (Avg Traffic Count: 2200).					
28-Sep	9 AM	Solon BP	16.5, 28, 30	Todd Stewart, 338-2396	Lisbon, Mount Vernon
Description: This route consists of a mix of hills and flats on low traffic roads. A mile off the trail is the Sutliff Tavern & Bridge.					

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

Check the main page of the website (<http://www.bicyclistsofiowacity.org>) for ride cancellations, additions, or alterations at least 24 hours before ride start time, or simply call Nick Maddix at 319-594-5857, e-mail: bicyclistsofiowacity@gmail.com

AMISH HARVEST TOUR TO CURE CANCER COURAGE RIDE

Mark your calendars and start your internal engines for a
Doozie of a Day!

Saturday, September 20th is the date.

Hills, Iowa, is the place.

Fun with a purpose is the theme. Cycling is the event. The Bicyclists of Iowa City is joining forces with the Seth A. Bailey family to create one doozie of a day as we raise money for cancer research in the Holden Comprehensive Cancer Center at the University of Iowa.

To make an online donation or to set up your own fundraising page for this event, go to:
www.active.com/donate/courageride

**DON'T FORGET to check out the online auction at
courageride.cmarket.com!**

6 AM - 11 AM	Dad's Belgian Waffle Breakfast
	\$7 per ticket (free to riders on the 18, 27, 55, 64 and 100 mile routes) These delicious little beauties will be made right in front of your eyes. All you care to eat!
7 AM -	100 mile riders are encouraged to begin their route
8 AM - Noon	64, 55, 27 and 18 mile riders are encouraged to begin their route. Staggered Start
9 AM - 5 PM	Family Fun Events: Face Painting, Balloon Dunk, Clown Dinger, Duck Pond, Plinco, Hoops, Toilet Toss, Dance Marathon. Check back for time updates and ticket information!
11 AM	Piñata
11:30 AM	Grand Prize Game
Noon	Courage Walk, Bike Rodeo
3 PM	Drawing for a free kid's bike
	(tickets will be for sale all day in Hills City Park for \$1 each)



MUSIC, MUSIC, MUSIC:

The Hills are alive with the sound of music. Music, music and more music will be played during the day from a stage set up at Hills City Park. There will be booths, displays and food for purchase.

MICHIGAN SHORELINE WEST TOUR: TWO PERSPECTIVES



Talk about a beautiful and relaxing ride, this tour was everything that you could ask for. The 449 riders started their riding adventure at Spring Lake, MI and ended at Mackinaw City. The ride included 400 miles of beautiful scenery, including wonderful harbors and great beaches, as well as an assortment of tasty cherry desserts and an abundance of homemade fudge.

Tim Cornelius and I had decided to do this ride last fall. We both felt that it sounded fun and we certainly were not disappointed. Upon our arrival (only after a 6 hour drive from home) we set up our tents and decided to ride to Grand Haven (approx. 3 ½ m). The car traffic was extremely heavy so we took the bike trail and that was also quite busy. Grand Haven was hosting a Coast Guard Festival and some 300,000 people were expected to attend. Grand Haven has the largest Coast Guard base in all of the Great Lakes. Later that evening we enjoyed a choreographed fireworks display like no other that I have ever seen.

While on tour we had the opportunity to tour two WW2 battle ships, one being a submarine and the other the LST 393. LST stands for Large Slow Target and the one that we were on was one that had landed on Omaha Beach. Along the route we also had the opportunity to purchase a dune buggy ride to explore the great sand dunes and learn about their ecological value.

In Charlevoix we visited an Oyster Bar, where Tim and I consumed about a dozen raw oysters followed by a couple of beer towers. We had met some new people and enjoyed their company while we listened to some great blues music. While there I also met a couple who were originally from Williamsburg, but had moved to Michigan some 36 years ago. They had sailed their 31 ft sail boat to Charlevoix to celebrate their 32nd wedding anniversary. The oyster bar was on the third floor of the restaurant overlooking the harbor. It was a magnificent view with all the lights on the harbor.

Val and Jude Langhurst joined the tour us on Thursday at Traverse City. They now are temporarily residing in Oshkosh, WI while Val is engaged in some consulting work.

I have had the opportunity to ride on several biking tours, but I can say that this tour was one of the most relaxing biking vacations that I have encountered. Riding along Lake Michigan was not only beautiful, but provided us with natural air-conditioning from the westerly breezes off the lake. And, of course, you could also jump in for a refreshing swim and then enjoy the great beaches. We rode on several miles of the biking trails where we experienced many long wooden bridges (though our tour director did break her arm on one of the bridges while admittedly riding too fast).

Our ride ended at Mackinaw City at the five mile bridge crossing Lake Michigan to the U.P. I had hoped to take a ferry to Mackinac Island but the trip was too time consuming as we had a bus to catch back to our vehicle in Spring Lake. I did get to see where Lake Michigan and Lake Huron meet.

I would certainly do this tour again and highly recommend it to anyone looking for a great biking experience. It is truly the best biking vacation that I have ever experienced.

Happy trails, Steve Rudin



And now for something different ... not all bike tours are RAGBRAI, nor should they be. If you're looking for something new this is the one to try.

Two options are available, the seven-day ride (380 miles) starting in Spring Lake, Michigan and the

three-day option (146 miles) starting at Traverse City. The ride ends in Mackinaw City .

Sponsored by the League of Michigan Bicyclists (Michigan's counterpart to Iowa Bike Coalition) this ride has only about 500 riders and offers super support – breakfast, dinner, sag, campgrounds AND hot showers are included in the cost. Most campgrounds are at large schools which offer locker room showers and school cafeterias for meals. But don't think school food, think healthy, tasty and plenty of food every day.

Most amazing was the scenery. Don't think Midwestern scenery, think east coast villages and light houses, think white sand beaches and dunes, think deep blue Lake Michigan , think orchards rather than cornfields. Think yachts, sailboats, fishing boats and freighters rather than farm animals. All this only about five hours away from Eastern Iowa .

The cue book is excellent. Not only great directions, maps and mileages but also marked are scenic outlooks, beaches, lighthouses, state parks as well as the usual restrooms and food. Most people used the cue book to plan daily swims – great for aching legs!

Some of the ride was along paved bike trails (within cities) but mostly along quiet country roads which sometimes offered grand vistas of Lake Michigan or roadways so close to the Lake the surf pounded in your ears. The last day we rode through a forest so thick it was known as the tunnel of trees. Another day included a ferry ride across the South Arm Lake Charlevoix, however, if the line was too long or if you wanted to pad your miles there was a nine-mile option around the lake.

Several route options were available but the best was the 40-mile Old Mission Loop to the lighthouse on Traverse Bay . Riders had the option to do this loop at the end of Day 4 or the beginning of Day 5 which were both 60 mile days making it a century option.

The included daily breakfast and dinner were outstanding. Every morning riders could expect the traditional bacon, eggs and pancakes but there was also an oatmeal and yogurt bar as well as a fruit bar. The evening meals included barbecue chicken, lasagna and buffalo burgers with a huge variety of side dishes.

Many of the folks we talked to have done this ride many times, it's no wonder.

Visit LMB.org for more information.

Jude & Val Langhurst

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!

SEPTEMBER 2008

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Amish Harvest Tour to
Cure Cancer Courage
Ride

Doozie of a Day!

Saturday, September 20
6 a.m.—5 p.m.

Hills City Park in Hills,
Iowa

www.courageride.org