

APRIL 2009



# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976



## Devotay 3-D Ride

Another **Extra, Extra, Extra** Special Ride  
Make Your Reservation NOW!



Date: **Sunday, April 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 April 15 if you are planning on participating or have any questions. I can be reached at (319) 626-6369 or [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.

## Utah Bike Tour Talk on March 25

In September 2008, four BIC members headed off to Utah for LAGBRAU (Legacy Annual Great Bicycle Ride Across Utah). The 410 mile, 7 day route was challenging, the climbs were monsters and the scenery worth every bit of the effort.

The four adventurers were Donna Hamm, Laura Hahn, Sue Bode and Sharon Doak.

Southern Utah is full of outstanding scenery and every day as they cycled along, they were rewarded with spectacular views! During the ride week, they visited 6 National Parks, National Monuments or National Recreation Areas, including Natural Bridges, Capitol Reef, Bryce Canyon, Glen Canyon, Grand Staircase-Escalante, and Cedar Breaks.

On Wednesday, **March 25**, BIC's general meeting will feature a talk – with lots

of photos – of this ride across beautiful southern Utah.

Our meeting place will once again be Gus' Food & Spirits in Coralville. **Plan to arrive by 6:00 to place your order.** Food should be served by about 6:20, and the presentation will start after dinner.

BIC will be providing appetizers, so plan to arrive early, order a beverage and spend some time chatting with friends. Meals will be priced at about \$9.

**As before, we will need an RSVP to give Gus' an estimate how many people will be attending, but you do not need to pay ahead.** Please email Donna Hamm at [donnaghann@msn.com](mailto:donnaghann@msn.com) by March 20.

We really enjoyed the food and atmosphere at Gus' last October and expect a great turnout once again for our March meeting. See you then!

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### Biking Tip of the Month

To turn corners safely (especially when going fast), have your inside pedal in the up position.

This tip is from Kathy Sharp. Send your bike tip to the editor: [skdoak@yahoo.com](mailto:skdoak@yahoo.com).



-ADVENTURE CYCLING

## BIC BOARD MEETING MINUTES

**February 17, 2009**

Submitted by Rick Walton, Secretary

Present: Rudin, T. Stewart, J. Stewart Goff, Walton, Loring, Hamm, Maddix, Berkowitz, Doak, Copper

President Rudin: Will resign as president of BIC effective January 1, 2010.

Gave positive reports on the winter XC ski event and the BIC Xer's. Good participation and a good time by all. We will continue to have such non-biking activities.

Secretary Walton: Minutes of last meeting approved.

Vice Presidents Hamm and Berkowitz: Discussed upcoming BIC meetings. May not be worthwhile to invite TJ from the Register to speak at the April meeting. It is helpful and interesting for RAGBRAI newcomers, but less so for previous riders. No decision reached. February and March meetings are in place with programs ready.

Treasurer T Stewart: Monies are rolling in for RAGBRAI registration. Finances are stable.

Membership J Stewart: McGinnis generated a list of volunteers for the Criterium; very helpful for Rudin, who is contacting corner marshals. 31 new members. Membership continues to grow slightly.

Touring Maddix: May 30 ride to meet QCBC group is cancelled. Maddix continues to receive and seek input on rides, routes, and other considerations. April will be the start of the regularly scheduled rides.

RAGBRAI Parrott (absent): Rudin reported. All is progressing well. Parrott has crew identified; will not need assistance with interviews. Rudin asked that aspects and comments related to the job description for the crew could be brought to the March officer's meeting.

AHTCC Copper: Copper will serve as the liaison from BIC to the planning committee.

Editor Doak: Wednesday and Tuesday rides should be in the April newsletter.

Education & Safety Loring: Showed info on a public-use bike repair stand. Discussed some legislation and activities that encourage bicycle commuting. These include tax breaks to employers that support this by their employees.

Publicity Copper: Discussion of when and for what to do mass emailings. Consensus was only for special events, meetings, unique rides, etc and not for regularly scheduled rides.

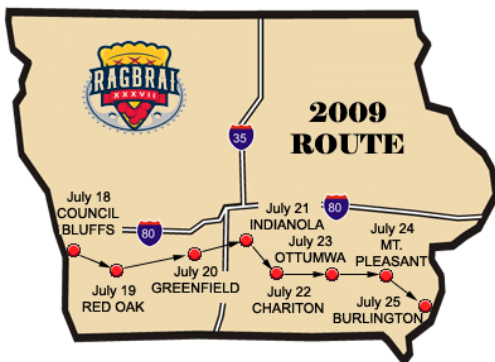
Webmaster Maddix: 18,500 hits to date.

Old Business: Copper and Hamm reviewed highlights of Bike Summit in Des Moines. Overall, useful and informative.

Hot Chocolate well attended, considering the cold (minus 20 wind chill). Oppliger will no longer organize this ride. Discussed possibility of having the HC ride in North Liberty next year.

New Business: Requested \$600 from the Criterium; \$300 for the picnic, \$300 for the holiday party. Maddix moved and Copper seconded that we donate \$1000 to Iowa Bicycle Coalition; approved.

Walton discussed the Johnson County Trails Commission request for BIC support for a regional (primarily Johnson County) bicycling brochure. Loring moved and Walton seconded that we pledge \$2000; approved.



## Tour de Cure: Diabetes Ride

REGISTER TODAY at [www.diabetes.org/tour](http://www.diabetes.org/tour)

**Tour de Cure** is a series of fund-raising cycling events held in 40 states nationwide to benefit the American Diabetes Association. The Tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist. Whether participants ride 10 miles or 100 miles\*, they will travel a route supported from start to finish with rest stops, food to fuel the journey and fans to cheer them on!

Last year, more than 32,000 cyclists in 78 Tour events raised nearly \$13 million to support the mission of the ADA: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

100 Miles Ride: Check-In 6:30AM, with the Start at 7:00AM in Solon, Mt. Vernon, Martelle, Morley, Mechanicsville, Tipton, West Branch, Lake McBride, into Solon.

50 Mile Ride: Check-In: 7:00AM, with the Start at 8:30AM in Solon, Mt. Vernon.

25 Mile Ride: Check-In: 9:00AM, with the Start at 9:30AM in Solon, Mt. Vernon and back.

5 Mile Family Ride: Check-In 10:00AM Start: 10:30AM

**ROUTE:** All of the routes will go through the beautiful countryside of Eastern Iowa - the 100 mile route is very similar to the RAGBRAI route from Solon to Mount Vernon, Martelle, Tipton, continuing to West Branch, and back to Solon. Rest stops will be available every 10-15 miles on the longer route. SAG support will be provided.

The official routes will be posted on [diabetes.org/tour](http://diabetes.org/tour) - Iowa

A light breakfast will be served after riders check-in at the start/finish area. Celebrate your accomplishment at our post-event party and enjoy a wonderful lunch, complimentary massages and entertainment on the grounds of the school.

**REQUIREMENTS:** Event Registration is \$25 + fundraising minimum of \$150. Early Bird Registration: \$15 + fundraising minimum \$150. Register online by April 4th, 2009 for Early Bird Registration Fee. All cyclists must turn in a minimum of \$150 in addition to the registration fee to participate. Registration fee is non-refundable

Be a TEAM CAPTAIN and earn DIABETES DOLLARS toward thank you gifts. For every NEW RIDER you recruit to your team, we'll credit you with 25 DIABETES DOLLARS.

Register before March 15th, 2009 and receive an additional \$25 DIABETES DOLLARS!!!! Team Captain will get \$50 and each team member will get \$25 if you register now.

To receive the credit, both you and the new rider must raise and turn in at least \$150 before May 30, 2009. Money raised through the personal fundraising website page counts as "turned in". There is no limit to the DIABETES DOLLARS you earn!

**FUNDS RAISED** makes a big difference in the lives of those affected by diabetes in the following ways:

\$10: Pays to send a diabetes info packet to newly diagnosed individual.

\$11.26: Covers one hour of an advocate's visit to Washington

\$25.00: Pays for materials necessary for a health fair

\$26.00: Provides diabetes risk tests for 1,000 individuals.

\$37.00: Pays for educational materials for a newly diagnosed child and their family.

\$50.00: Pays for one hour of diabetes research

\$50.00: Pays for one "Wizdom Kit" for a family of a newly diagnosed child.

\$75.00: Pays for a child to go to camp for one day.

## Wednesday Night Rides Begin April 1

Wednesday night riding season begins again this April and runs through September 30, 2009. Each Wednesday evening there will be a club ride using various routes in the area. All routes are between 23 and 27 miles unless you add a hammer head run. Thank you to those club members that have volunteered to lead these rides throughout the season.

Please note that the Sugar Bottom loop route will have a new starting point at Sugar Bottom Bikes, 325 North Front Street in North Liberty. We are to park behind the store.

The Solon – Sutliff route has a new starting point at the parking lot behind the BP station in Solon on Highway 1. Simply park in the lot behind the BP station.

Finally, Bike 2 Work Week presents us with a unique opportunity to ride in a large group from Iowa City to Coralville. Although this is not a traditional Wednesday Night ride, it is a unique opportunity to enjoy a ride at a different pace and with a different purpose.

I hope to see all of you out this season. Enjoy the ride!  
~Lynn Rose, Wednesday Night ride coordinator

## 2009 DATES TO MARK ON YOUR CALENDAR!!!

- Sunday, March 29 Augusta Restaurant (110 S Augusta Ave, Oxford)
- Sunday, April 19 Devotay Restaurant (117 N Linn St, Iowa City)
- Saturday, May 9 Bobbers Grill (1850 Scales Bend Rd NE, North Liberty)
- Sunday, May 31 Augusta Restaurant (110 S Augusta Ave, Oxford)
- Saturday, June 20 Kurt and Kim Friese BBQ (22 Riverview Dr NE, Iowa City)
- Sat/Sun, June 27-28 Mississippi River Trail Ride
- Sunday, July 12 Bruce Johnson's Ride/Pool Party
- Saturday, August 29 Bobbers Grill (1850 Scales bend Rd NE, North Liberty)
- Sat/Sun, Sept. 12-13 Self contained trip to Muscatine, Saalsbury Bridge Recreation Area
- Sunday, October 4 BIC Picnic (Kent Park)
- Sunday, Oct 18 or 25 Devotay (117 N Linn St, Iowa City)

There will be upcoming articles with more information regarding these listed events!



## TUESDAY MORNING RIDES

Tuesday rides will begin April 7 and continue through October 27. **All rides begin at 9:00 AM.** These are intermediate rides usually 30 – 45 miles in length at an average of about 12 mph. Several different people will serve as ride leaders. The starting points by month are: April & May – Napoleon Park; June – City Park; July – Weber School; August – N. Dodge HyVee; September – Scott Park; and October – Iowa City Waterworks Park. To add your name to the email list so you can be informed of routes, cancellations, changes, etc. send your email address to Mark Heffron (Heffron\_M@Yahoo.com).

## A Shake Rag Memorial Weekend

**Saturday** - Starting from the levee in Galena, we will take the Old Stagecoach Road to Scales Mound, the highest point in Illinois. This village offers a snapshot in time with pre-Victorian homes. After entering Wisconsin, we will roll into cheese country, with Shullsburg a likely spot for lunch. The Brewery Creek Inn brewpub will be a likely stop in the historic district of Mineral Point. Our route will take us on Shake Rag Street, where miner's wives would wave rags from the side of the hill to signal miners to come home for dinner. Early arrival will allow time to tour this interesting town. The direct route is 44 miles and allows time for touring the town, but extensions are possible, if you choose.

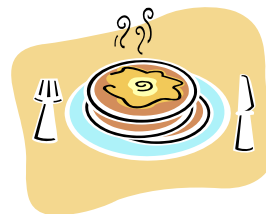
**Sunday** - After an overnight in Mineral Point, we will return through favorite towns from last year, Lead Mine and New Diggings. (Some riders campaigned to redo last year's tour.) BIC drove motorcyclists out the bar in Lead Mine. After bicycling 44 miles, most bicyclists will plan to lunch in Galena and tour this TOMRV pass-through town.

**Advance information** - To make your tour more enjoyable, maps and tour information will arrive in advance via e-mail.

**The entry form was in the March newsletter!**

Because of sag and facility capacity, we must limit the tour to 25 bicyclists. If you have questions, call or e-mail Marv Scher, 351-2534, [marvin-scher@uiowa.edu](mailto:marvin-scher@uiowa.edu)

## THE PREZ'S BREAKFAST RIDE



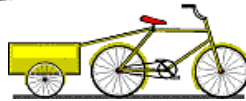
I would like to invite you to do an early morning breakfast bike ride on **Saturday, April 25**, starting at 7:30 AM from my home located at 230 W Chestnut St., North Liberty. We will ride to Mt. Vernon for breakfast at the Skillet Café and Bakery. After we enjoy a delicious meal we will then hopefully tour Nor's Bike Shop located just a couple blocks from the café. Mileage for the ride should range between 46-48 miles. Please RSVP at 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net) by Thursday, April 23 if you plan on attending. Steve Rudin

## WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
April 1 <b>5:30 PM</b> Solon	26 miles	Meet at the parking lot behind the BP station on Highway 1 in Solon. The ride will go out the old Sutliff Rd. and then west on 140 <sup>th</sup> . 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 Mark Stinski at 626-6477.
April 8 <b>5:30 PM</b> 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, 749 Mormon Trek Blvd. For questions call Bill Heitbrink at 338-2536.
April 15 <b>5:30 PM</b> Sugar Bottom Loop	23 miles	Meet at Sugar Bottom Bikes, 325 N. Front St. in North Liberty. Park behind the store. This ride promises to be breathtaking and scenic. We will loop the entire Coralville Reservoir. Later we will chat and chew at a diner of your choice in North Liberty. For questions call Lynn Rose at 341-7886.
April 22 <b>5:30 PM</b> 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 Hills. For questions call Joe Smith at 627-2274.
April 29 <b>5:30 PM</b> Oxford Loop	27 miles	Meet at Herky St. and Stoner Ct., first left west of the 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 return to Herky St. and proceed to a diner of your choice in North Liberty. For questions call Steve Rudin at 626-6369.

# Mississippi River Trail Ride

## Up the River with only a Bike



**DATES:** June 27 – 28 (overnight stay)

**MEETING TIME:** 7:00 a.m.

**DISTANCE:** 120 miles (round trip)

**MEETING PLACE:** Our Redeemer Lutheran Church, Iowa City, 2301 E. Court St. (SE corner of 1<sup>st</sup> Ave and Court St)

**RIDE LEADER:** Joel Pickar

**CAMPING COST:** \$10 - \$25 depending upon number of riders

The icons tell the story. This new ride is a SELF-CONTAINED, UNSUPPORTED, OVERNIGHT ride. Riders will carry their own gear by trailer, pannier or whatever clever means they devise. We'll initially meet in Iowa City and transfer gear to minimize the number of vehicles we take. We'll depart by 7:30 a.m. driving (about 1 hour) to Sunset Park in Rock Island, Illinois. After readying our bikes, we'll pedal upstream along the Illinois side of the Mississippi River to Savanna (<http://www.discoverourtown.com/IL/Savanna/>). We'll ride the Mississippi River Trail (<http://www.bikelib.org/mrt/>), a paved trail weaving towards and away from the river. Occasionally the trail becomes a surface street. We'll pass through the river towns of Moline, East Moline, Hampton, Rapids City, Port Byron, Cordova, Hampton, Albany, Fulton, and Thomson stopping for snacks, lunch, or sightseeing as the urge hits us. About 60 miles later and hoping to arrive by mid to late afternoon, we'll reach our destination just south of Savanna where we'll pitch our tents at the 7 Eagles RV Park and Campground (<http://www.goseveneagles.com/>). On-site is a private pond stocked with fish, paddle boats, swimming pool, showers and restrooms. Spring Lake Wildlife Reserve is directly behind the campground and offers excellent nature and bike trails as well as river viewing areas. The Campground also has 2 log cabins and a lodge with private rooms for those who want solid walls. (You'll need to make your own reservations if you want one of these. Call the campground soon at 815-273-7301). The remainder of the day can be spent relaxing and exploring. How about Bocce ball? Within 0.3 miles of the campground is a bar/restaurant with local flavor (<http://www.poopys.com/>). The river town of Savanna is a short 2-3 mile bike northwards from the campground. Following a refreshing sleep, we'll pack up and retrace. Handouts with maps and a summary of Savanna restaurants will be provided.

Please RSVP as soon as possible, but no later than May 18 to Joel (358-8202, [jpickar@mchsi.com](mailto:jpickar@mchsi.com)). Leave your phone number and email address. I'll need to know several things to be able to reserve tent camping spots to get overnight parking permits from the Rock Island Park and Recreation Dept. Contact me if you have any questions.

- 1) Will you be tent camping or booking your own reservation at the campground?
- 2) Can you drive to Rock Island?
- 3) How many riders (including their bikes and overnight gear) can you take?



# April 2009 Ride Schedule

Ride Classification System (Flatter = Faster)		
<b>Class A</b>	Advanced, 45 to 100 miles	15-20+ mph
<b>Class B</b>	Intermediate, 25 to 65 mi.	12-17 mph
<b>Class C</b>	Casual, 15 to 40 miles	10-15 mph

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

Check [www.bicyclistsofiowacity.org/Rides](http://www.bicyclistsofiowacity.org/Rides) for ride cancellations or alterations at least 12 hours before ride start time, or contact Nick Maddix at 594-2857, e-mail: [bicyclistsofiowacity@gmail.com](mailto:bicyclistsofiowacity@gmail.com)

<u>DATE &amp; CLASS</u>	<u>TIME</u>	<u>MEET AT</u>	<u>MILES</u>	<u>RIDE HOST</u>	<u>DESTINATION(S)</u>
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SAT April 4 Class C	10:00 AM	Napoleon Park	15	Mary Copper, 430-7169	Hills
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**Description:** It's been a long winter! Dust off your stuff and let's ride! We'll start off the season with a flat and easy ride to Hills and back. No one will be left behind on this ride, so please come and join us.



SUN April 5 Class B	10:00 AM	Weber School	18	Mary Copper, 430-7169	Windham
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**Description:** There are hills right from the start, then it's a mostly flat cruise towards the Black Diamond Roadhouse in Windham. After a quick break, we'll retrace our route back to the school.

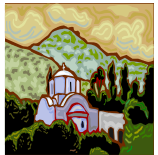


SAT April 11 Class C	10:00 AM	North Liberty Comm Center	29	Rick Walton, 354-8090	Solon
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**Description:** We'll head out on the (hopefully not so busy) Mehaffey Bridge Road as we trek towards Solon. We'll then do the F14/F12/F16 northern hammer-head loop. Afterwards, we'll retrace back.

SUN April 12 Class B	2:00 PM	West Branch Park Square	27	Nick Maddix, 594-2857	Cedar Bluff, Cedar Valley
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**Description:** Rolling hills will test you on this Easter Sunday route. We'll do the "short" version of the Cedar Valley Northern Loop. There are no amenities on this route, except in West Branch.



SAT April 18 Class C	10:00 AM	Solon BP	28	Rebecca Donovan, 621-0691	Sutliff, Lisbon, Mount Vernon
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**Description:** We'll be having lunch in Mount Vernon at the Lincoln Café. A good mix of flat and hilly terrain awaits you on low traffic roads. Sutliff may be a worthy stop either on the go or on the retrace.



SUN April 19 Class C	10:00 AM	Devotays	39	Steve Rudin, 626-6369	Hills, Sharon Center
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**Description:** This is the scheduled Spring Devotay ride event. Please see the newsletter article for all the details. You won't want to miss this one! The restaurant is located at 117 N. Linn St. in Iowa City.



SAT April 25 Class C	10:00 AM	Scott Park	24	Jan Stewart, 338-2396	Downey, West Branch
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**Description:** We'll head to the hamlet of Downey first, then north to West Branch. On our way back via the Hoover Hwy we'll stop at the Wallace Winery for their April Wine and Food Weekend Event.



SUN April 26 No Class	Varies	Downtown Iowa City	0	Steve Rudin, 626-6369	No Destination
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**Description:** There will be no scheduled ride for this date. Please join us at the Old Capital Criterium as we watch some exciting racing. Contact Steve Rudin at 626-6329 if you would like to be a corner marshal.

## RAGBRAI® MEMORIES: IOWA, HOW YOU MAKE ME SMILE!

(This article was originally published in The Cedar Rapids Gazette: Sunday, August 13, 1995)

For those who have not participated in RAGBRAI, I can understand the comments I have heard about taking a week's vacation to ride a bicycle almost 500 miles in seven days. To think of putting your hard-earned time off into an environment in which one experiences sitting on a bicycle seat through wind, rain, hills and heat does not sound like the type of vacation one would take to relax and get prepared for a return to the working environment.

*Au contraire!* Yes, riding across Iowa can be grueling. But the lessons one learns by such experiences say to those who participate that Iowa is truly a rewarding state blessed with quality resources – especially the people.

I would like to share one adventure my son, Zachary, 17, and I experienced in this year's "Register's Annual Great Bike Ride Across Iowa."

On Day One, 40 miles from Onawa, we broke a rear axle on our tandem. For those of you who know about biking, this is not a good experience. After waiting over an hour for a bike repair vehicle or SAG wagon to provide assistance, we decided to find an alternative solution. Here is where we came in contact with one of the locals and asked if he could take us in his pickup to the next bike repair vehicle en route. "Bad Boy" Leroy Davison, as he called himself, said, "We have an emergency and I'm here to be of assistance!"

It was evident while riding in the back of "Bad Boy" Leroy's pickup (with canoe on top) that he and his friend, Bruce, who were fishing companions, enjoyed floating on the river with fishing rods in hand. Their catch of the day was a small crappie destined, as Leroy put it, for his cat.

For an hour and a half, Leroy weaved through throngs of bikers until we reached a bike shop. Thanks to "Bad Boy" Leroy and his friend, Bruce, for taking time out of their day to help two strangers.

At Lake View, we met Bud Moscrip, who used to own Hall's Bicycle Shop in Cedar Rapids, and was working with his friend, Charlie, of Harper's Bike Shop from Muscatine. Bud quickly determined no axles were available to match what we needed, so he volunteered to haul our bike to our next stop, Fort Madison. Thanks, Bud, for the support.

Riding with the Bicyclists of Iowa City club, my son and I appreciated the hospitality of Chubs and Christian, who allowed us to ride into Fort Dodge in the club's support vehicle during the early morning hours knowing we had to get to Ames to get our rear axle prepared.

With RAGBRAI camping out at Iowa Central Community College, we asked on arrival where we could find a phone to attempt to rent a car. Jack Mallaro, an

employee of the college, took time out to call a number of businesses to help us find a rental. When we finally found a dealer that would rent us a car for four hours, Jack graciously volunteered to drive us to the dealership to pick up the car. On the way to this car, Jack took Iowa's hospitality to the next level in suggesting I use his car rather than rent, saving time and money. After thanking him but saying I couldn't accept, he finally talked me into borrowing the car. What a surprise when just about 45 minutes earlier was the first time Jack and I had ever met. What a *bigger* surprise when the car he loaned to a total stranger was a Mercedes 380 SL convertible. Thanks, Jack Mallaro, as well as Iowa Central Community College, for having people on your staff who provide this kind of Iowa hospitality!

But smiles didn't stop there. As I arrived at Michael's Cyclery in Ames, I met Steve in the repair shop. Explaining my predicament and that Bud had sent me, this young man dropped what he was doing. In the true sense of customer service, he took the next hour to replace the axle and other parts. He charged me for parts, but not for the labor, recognizing the conditions I had gone through.

Driving back to Fort Dodge with the top down on Jack's convertible, and then riding across the state to Muscatine on our repaired tandem, there was a smile on my face that was hard to get rid of. Where else but in Iowa would you find a number of total strangers from difference walks of life, who go out of their way to support someone in need.

It is truly an incredible feeling to have such an experience. My son and I missed a day of great riding and the scenery that would have gone along with the bike ride. But we gained an even greater experience from what we lost – an appreciation for why we call Iowa home and the neighbors across the state that treat us as friends.

**IOWA: You truly do make us smile!**

Submitted by: Bruce E. Johnson



## Bicyclists of Iowa City (BIC) Membership Application

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

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

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

Address:  No change/Renewal

Address: new members or change of address:

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

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

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

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

### Second Adult Name (for Family Memberships)

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

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

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

Additional Member Names: \_\_\_\_\_

### Membership Categories:

#### In Iowa

Individual \$20/yr  Family \$25/yr

Optional charitable donation to help bicycling in the local area

Donation amount: \_\_\_\_\_

#### Out of State

Individual \$25/yr  Family \$30/yr

### Please read and sign below:

In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind, BIC, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I confirm that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all BIC club rides safe. I agree to hold the club harmless and indemnify the club for all costs, judgments and awards that may be claimed, including the cost to defend such claims brought by you or another in your behalf, or that of others. **Helmets are required on all club rides.**

**\*Note - all adult family members must sign this waiver.**

**\*Signature** \_\_\_\_\_

**\*Signature of Second Family Member**

Please do not release my name or address to other businesses or organizations.

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

- Informative, fun club meetings and social gatherings.
- The **BICycle Post** Newsletter
- Group rides at a wide variety of skill levels, choices of multiple days of the week and weekend, including weekend overnight camping or motel rides.
- Extensive website of club activities and area/national bicycle resources at [www.http://www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)
- Promotion of responsible bicycling as an enjoyable form of transportation, recreation, and fitness.
- Strong, active advocates for municipal, regional, and state cycling issues
- Provide assistance to the **Old Capitol Criterium** Bicycle Race organizers at their annual spring race.
- Co-organizer for the annual **Amish Harvest Tour To Cure Cancer (Courage Ride)**. This event raises money for cancer research in the local community.
- Member discounts at local bicycle shops.
- Annual **RAGBRAI**® travel arrangements.

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

What are **YOUR** interests?

Commuting  Touring  Racing

Ride Participant – see newsletter for ride details

Saturday  Sunday

Tuesday AM  Wednesday PM

Thursday PM

Ride Leader

Publicity  Advocacy

Newsletter assistance - writing or providing articles

Newsletter assistance – assembly and/or mailing

Programming – Arranging speakers/programs for club mtgs

Sag wagon support for long rides or overnight rides

### Interested in participating or helping with Special Events?

Criterium – 150+ volunteers needed for a variety of tasks

Amish Harvest Tour to Cure Cancer – September event with year long planning and assistance welcomed.

RAGBRAI® - to participate in this event with BIC you must be a BIC member and self register for Ragbrai on [Ragbrai.org](http://Ragbrai.org) with the BIC group #008.

Send application and check/money order to:

**Bicyclists of Iowa City**

**P.O. Box 846**

**Iowa City, Iowa 52242**

Electronic registration is available on the BIC website.



BICYCLE SALES AND SERVICE

Support your local bike shops!



BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY  
BICYCLISTS SINCE 1976

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

**UTAH BIKE TOUR TALK at BIC GENERAL MEETING ON  
MARCH 25, 2009!**

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

**APRIL 2009**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

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### Amish Harvest Tour to Cure Cancer Ride Coordinator vacant



**RAGBRAI®**  
overnight towns:

Council Bluffs  
Red Oak  
Greenfield  
Indianola  
Chariton  
Ottumwa  
Mt. Pleasant  
Burlington

[WWW.BICYCLISTSOFIOWACITY.ORG](http://WWW.BICYCLISTSOFIOWACITY.ORG)