



JANUARY & FEBRUARY 2009

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

2008 HOLIDAY PARTY IN REVIEW

On another cold winter evening in December, sixty-one of us gathered at the North Ridge Pavilion in Coralville to enjoy a festive evening. We enjoyed the warmth from the fireplace which created a very cozy atmosphere.

Ms. Susan's catering provided us with wonderful food that was enjoyed by all. The delectable dessert table created a need to pick out your favorite item before we even enjoyed the main course.

During the program following the meal we recognized five individuals who have all been a great asset to our club. They included Brad Cronk for serving 14 years on the Board, Barb Goff, who served for 10 years as Vice President, Marv Scher, who



has worked on touring, maps and routes, Nick Maddix, our webmaster and touring coordinator, and Sharon Doak, our outstanding newsletter editor.

Donna Hamm and Dianne McGinnis were introduced as new members of the Board. Donna will be the new Vice President and Dianne will be assisting Jan Stewart on the membership committee. Todd Stewart is BIC's new treasurer, after the checkbook was passed from wife Jan Stewart.

During the evening there was a drawing in which five gift certificates from local bike shops were given as prizes. Everyone enjoyed this annual event!

Steve Rudin, President

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Biking Tip of the Month

A good rain cover for a helmet is a lightweight shower cap. The type that is given complimentary in hotel bathrooms works well. They can be packed into a small ball and store easily in a seat bag.

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



25TH ANNUAL HOT CHOCOLATE RIDE

January 24, 2009 marks the silver anniversary of the infamous Hot Chocolate Ride, and my last as ride leader. This ride began before some BIC members even had training wheels. So, for those of you unaware, I've assembled a top 10 list of noteworthy BIC events during the past quarter century. You can believe them or not.

1. Since the first Hot Chocolate Ride, the ride has adopted a motto that has been the credo for Chuck Murphy's life.
2. Since the first Hot Chocolate Ride, Steve Rudin took the training wheels off his bike.
3. Since the first Hot Chocolate Ride, Dick Siefers has been president of BIC and looked fetching in riding shorts.
4. Since the first Hot Chocolate Ride, Barb Goff has left grade school.
5. Since the first Hot Chocolate Ride, Steve Poggenpohl has strung more than a mil-

lion Christmas lights on his farm.

6. Since the first Hot Chocolate Ride, there was one occasion when Dan Berkowitz was wise beyond his years, but he can't remember it.
7. Since the first Hot Chocolate Ride, Brad Cronk was a talking head until he met Lynn. She changed all that.
8. Since the first Hot Chocolate Ride, Dan Nidey has used Grecian Formula to give himself that mature look.
9. Since the first Hot Chocolate Ride, Rick Walton has biked on every continent in riding shorts.
10. Since the first Hot Chocolate Ride, the ride has never been cancelled.

The Hot Chocolate Ride starts from College Green Park in Iowa City at 9:00 AM. See you on the 24th.

Bob Oppliger

BIC BOARD MEETING MINUTES

October 21, 2008 Submitted by Rick Walton, Secretary

Present: Rudin, Berkowitz, Goff, Walton, Parrott, McGinnis, Maddix, Stewart (Todd & Jan), Copper, Doak

President Rudin: Turnout was good for: Johnson county Metro Bike Master Plan meetings, BIC picnic, 3-D ride, Amish Courage ride. Need to plan for next year. The consensus was that all these events should be continued and supported by BIC. The Health Fair is November 5 at the Field House; BIC will have a booth. BIC members Barb Goff, Steve Rudin and Jan Down helped with the 4-H biking workshop and ride on October 18.

Secretary Walton: Minutes of September meeting were approved.

Vice Presidents Goff/Berkowitz : October 22 was the General Meeting at Gus'; Rick and Laura Walton will present on their Mekong Delta biking adventure. The date of the next General Meeting is February 25 for the Mini Bike Expo. The March 25 general meeting will feature Doak, Hamm, Hahn and Bode; they will describe their Ride Across Utah. Possibly TJ from the Register will do the RAGBRAI presentation in April, 2009. Arrangements are being finalized for the Holiday Party on Dec 1 at the North Ridge Pavilion. There will be a \$15 charge/ person.

Treasurer Jan Stewart: Finances are stable. Jan will be resigning as Treasurer, duties will be assumed by Todd Stewart.

Membership Cronk (Absent): Cronk will be resigning; Jan Stewart and Dianne McGinnis will be assuming the duties.

Touring Maddix: New ride from Scott Park was well attended and was appreciated by some new riders. 2009 rides will be brainstormed and organized by a meeting of interested officers in Jan or Feb, 2009.

RAGBRAI Parrott: Recommended assigning a "Quartermaster" to manage RAGBRAI equipment. Also, someone to travel the route before the ride to help with planning the overnight stays. Registration begins in November. Another full enrollment is expected.

AHTCC Chapleau (Absent): Copper and Rudin reported. The ride was very successful with 438 registrants. Need more volunteers to help with planning. Chapleau will be resigning.

Publicity Copper: The Show 'N' Go rides for the upcoming months will continue to be in the newspaper.

Webmaster Maddix: The website has been well used, with 15,500 hits to date. Rides have shown good participation, but with a mix of numbers, which is not unusual.

Old Business: The Oakdale P.O. box will be discontinued. There have been several BIC jerseys ordered. It was decided we will order another 40 men's and 30 women's (some sleeveless).

New Business: Rudin discussed whether BIC should have some non-biking winter activities; there did not seem to be interest in this. Big Brother/Big Sister involvement was discussed. The decision was that BIC should partner with this group when appropriate.

Murphy, as Chair of the nominating Committee, presented the slate of nominees for 2009. The slate was approved by acclamation. The officers: President Rudin, Vice Presidents Hamm & Berkowitz, Secretary Walton, Treasurer Todd Stewart. Appointed Board members are: Membership Jan Stewart & Diane McGinnis, RAGBRAI Parrott, Publicist Copper, Touring Maddix, Editor Doak, Education and Safety Loring.

November 18, 2008 Submitted by Rick Walton, Secretary

Present: Rudin, J Stewart, Goff, Walton, Parrott, McGinnis, Hamm, Doak, Maddix.

President Rudin: UI Health Fair BIC booth was successful. Thanks to President Rudin for managing and to Jan Stewart for assisting. October 22 general meeting was very good. Gus' proved to be a good location for future meetings.

Vice Presidents Goff and Berkowitz: Holiday party on Dec 1 is being finalized. A good turnout is anticipated. February dessert potluck will be at the IC Public Library February 25. This will feature the Bike Expo. Mar 25 meeting will be at Gus'. The presentation will be by the riders across Utah.

Treasurer Jan Stewart: Finances continue to be stable.

Membership Stewart and McGinnis: New membership letters and application forms have been redesigned by Jan Stewart. After discussion and suggestions, these were finalized and approved. Membership continues to be stable.

Touring Maddix: Hosted ride requests are coming in. Examples are from Devotay, Bobber's, Augusta's, Mississippi River Trail (Joel Pickar is organizing). These are of interest to the members and to the officers. The Hot Chocolate Ride is January 24, organized by Bob Oppliger. Show and Go ride concept is working well.

RAGBRAI Parrott: Application and RAGBRAI fees are established. RAGBRAI is \$140 and BIC \$135, both are slight increase. Registrations are coming in; nearly all are now online.

AHTCC: Undetermined who will represent BIC in ride organization.

Editor Doak: December 10 is deadline for Jan-Feb Newsletter. New designs are being investigated for women's shimmels and shorts.

Education and Safety Loring (Absent): No report. BIC will likely assist with Bike to Work Week in 2009.

Webmaster Maddix: The BIC website is up and running. Maddix now has full control of the website.

Old Business: Rental unit needs work on the overhead door. Rudin has constructed a new sign base.

New Business: Members will be asked to donate canned food items at our upcoming general meetings in February, March and April. The donated items will go to Crisis Center and Food banks. In addition, BIC will donate \$500 to the Crisis Center.

RAGBRAI® XXXVII UPDATE!!

Time to sign up for Ragbrai with BIC! Go to www.ragbrai.org, login, and choose to register 'with a group'. Find BIC under number 008, and complete the registration form. Print and sign the waiver and send it along with all fees to me at 728 13th Ave, Coralville, IA, 52241 by FEBRUARY 1st. Fees include \$140 for the Register, \$135 for BIC, and any fees for a jersey or souvenir pack. For more details about Ragbrai with BIC, go to www.bicyclistsofiowacity.org and find our brochure under the 'special events' button. Also feel free to email me with your questions at keparrott@mchsi.com.

Happy trails! ~Karen



-ADVENTURE CYCLING

Oregon or Washington state bike rides?
Registration is now open for the 2009 rides, go to
www.oregonbicycleride.org.

TOURING: LOOKING AHEAD TO 2009

If you've volunteered for BIC in 2008, we owe you a big thank you. We've seen veterans reprise their roles, while new members are stepping up to our cause. 2008 was a year of new rides and new trials with the flooding. BIC members stepped up and helped out the community during these hectic times, and we will continue to do so in 2009 as well. With a new year comes new ideas, strategies and devotion for the club. Let me share with you a few things that are changing this year.

Our Touring Program will continue to revolve around festivals or events, to encourage more participation. Something new we are trying this year is to include more member hosted rides. Like our Devotay friends, and like the recent Steve Swail's birthday party ride, you will have the opportunity to host a ride. I will be able to provide assistance with maps and personal suggestions if necessary. You can have a nice little gathering at your house, or maybe grill out at a local park or something, the possibilities are endless! Of course, you'll need to assure that your ride follows the typical BIC ride regulations. Send your suggestions early to bicyclistsofiowacity@gmail.com or leave a message at 319-594-2857 and we will try to work it in the schedule and will get back to you. If something comes up, you can always cancel too. Stay tuned for the March newsletter which will provide a brief copy of the upcoming ride schedule and give members an opportunity to sign up for the rides in advance.

The second big change in Touring is that we'll be dividing the Saturday and Sunday rides up to cater to different groups of riders. There will be casual rides on Saturdays and more mileage driven, RAGBRAI training rides on Sundays. There may be some exceptions to this if there is an event that is on a Sunday. Because we know that not everyone can attend both rides on the weekend, we wanted to develop a system that could cater to your riding style, which could change basically at any time. Be sure to look further into the details as they are developed into next year.

Nick Maddix, Touring Coordinator

WANTED, FREE, FOR SALE

WANTED: Jan Stewart wants to buy a used Trail-a-Bike. Trail-a-Bikes allow parents and kids to share longer rides together without the child trying to keep up on a separate bicycle. The adult controls the balance and steering, while the kid learns to pedal. If you have a trail-a-bike to sell, give Jan a call at 338-2396 or email jan-stewart@uiowa.edu.

FREE to a good home: Specialized Sport Road Shoes, size 42, grey/black, gently worn. Contact Laura Hahn at 338-3963 or email ljhahn@mchsi.com.

FOR SALE: Slightly used bicycle cover for a rear-mounted bike rack. Covers 2 bicycles. Very good condition. \$25 or best offer. Contact Rick Walton at 354-8090 or email richard-walton@uiowa.edu.

Memorial Weekend Ride

Saturday-Sunday May 23-24, 2009

Galena to Mineral Point

In the depths of winter, cheer yourself by thinking of great bicycling to come. In May, enjoy grand views, cheese country, lead mines, and history. The plan is to bicycle from Galena through Shullsburg to Mineral Point, about 44 miles. You cannot avoid hills in the Driftless Area, but by using mostly county rather than township roads, the route will be reasonable. The Brewery Creek Inn brewpub will mark our entry into the historic district of Mineral Point. Early arrival will allow time to tour this interesting town. Sunday, after overnight in Mineral Point, we will return through Lead Mine and New Diggings, favorite places from last year's tour. Most bicyclists will plan to lunch in Galena and tour this TOMRV pass through town. Both days are about 40 miles. To make the tour more enjoyable, maps and tour information will arrive in advance via e-mail. Look for the entry form in the March newsletter. Because of sag and facility capacity, we must limit the tour to less than 30 bicyclists. If you have questions, call or e-mail Marv Scher, 351-2534, marvin-scher@uiowa.edu

SPECIAL RIDES IN FEB. & MARCH

"I Love to Bike Ride"

Saturday, Feb 14th @ 1 P.M.
Bike Library (College St. Ramp),
Iowa City
Contact: Nick Maddix, 594-2857
bicyclistsofiowacity@gmail.com



We'll do a nice little ride around town, with a possible extension east or west. Come and display your true love for cycling. The ride will be canceled if the temperature or wind chill is below 32 degrees. If canceled, we can hang out at the Bike Library, and chat about cycling or have lunch somewhere downtown.

"St. Pat's Day Ride"

Sunday, March 16th @ 1 P.M.
Bike Library (College St. Ramp),
Iowa City
Contact: Nick Maddix, 594-2857
bicyclistsofiowacity@gmail.com



Ride around town the day before St. Patrick's Day, so you can get yourself a few miles in as well as a beer at Mickey's Irish Pub on 11 S. Du-buque St., in Iowa City afterwards.

BIKE EXPO: FEBRUARY 25

Second Annual Mini-Expo

Last winter, BIC hosted its first ever Mini-Expo, with local bike shops bringing out their newest and coolest bike equipment.

We saw everything from tiny headlights to an iPod-player-in-a-bottle to hot new bike designs. The Mini-Expo was lots of fun and provided a chance for BIC members to talk about this gear with reps from each shop. In fact, it went so well that we're doing it again.

Mark your calendar for **Wednesday, February 25. We'll start at 7:00 p.m. at the Iowa City Public Library in Meeting Room A.**

The meeting will start off with a bit of show 'n' tell by each of the bike shop reps. Then we'll open things up to mill around and talk with them about what they've brought.

Also, we will have all of the Voler sizing kits available for you to find the perfect size in the Men's Club Cut Jersey, Women's Club Cut Jersey, Men's and Women's bike shorts, and the women's shimmel. The women's jerseys will feature a more relaxed, no elastic-in-the-bottom design. (The previous women's jerseys that we ordered were the race-cut design, which were more form-fitting and had elastic around the bottom hem.) You can pre-order the size and item that you want, making sure we get the right BIC items for our club members!

COURAGE RIDE NEEDS VOLUNTEERS

The Courage Ride or the Amish Harvest Tour to Cure Cancer Ride has grown in popularity after BIC teamed up with the Bailey family of Riverside, Iowa. This past September the ride had almost 440 riders and has raised over \$30,000 for cancer research! Many volunteers are needed to make this ride the premier bicycling event in Eastern Iowa and to raise even more money for cancer research in the Holden Comprehensive Cancer Center at the University of Iowa.

Fifty-four volunteers helped with the Courage Ride and planning the ride occurs year-round in monthly meetings. Volunteers are needed in the following areas. BIC members, please consider helping with this ride! Contact the Prez or Mary Copper for more info.

- 🚲 BIC coordinator & liaison with the Courage Ride planning committee-represents BIC in all aspects of the Courage Ride
- 🚲 Food-for breakfast, rest stops, lunch, after the ride
- 🚲 Rest stops-locations, staffing volunteers, food
- 🚲 Decorations
- 🚲 Publicity
- 🚲 Route Planning and Marking
- 🚲 Entertainment

**Next year's
Courage Ride is
Sept. 26, 2009**

NEW YEAR, NEW GEAR, ADJUSTED RATES

The board recently approved a decrease for the in-state family membership fee. Previously at \$30.00, it now stands at \$25.00. There will also be an option now for any new or renewing member to include added donations as well when they renew or sign up to be a member of the club. We are developing a hopefully painless method of renewing online as well, so please stay tuned if you are the type who likes to renew online.

BIC is looking into purchasing more biking items as well, and new for 2009 will be a women's shimmel as well as bike shorts for men and women. We would love to receive feedback from our club members to see if they are interested. The cost of the women's shimmel would be \$41.50 for the 2-color shimmel; with a quantity of 25-49. The bike shorts would cost \$54.00 for 2-color; quantity of 25-49. The price drops if we get over 50 on either. Would you be interested? E-mail Sharon Doak at skdoak@yahoo.com.

There is also the idea of club water bottles based on the Camelbak BPA-free water bottles. The projected cost for these .75 liter water bottles would be around \$10. Obviously once again, the more pre-orders, the cheaper the price. We will set up a pre-paid order section online sometime early in 2009 for all of our items, including items you've bought from us in the past. If we get enough interest, we will seriously look into buying them.

Women's shimmel (back)



Cedar Rapids gets its crit back

Cedar Rapids is going to get its crit back. That's crit as in "criterion," as in "bicycle race."

After doing without for several years, Cedar Rapids will get its criterium back on **June 28, 2009**, during the annual Freedom Festival.

Last known as the Mercy Challenge, the 2009 event carries the name Cedar Rapids Challenge and is being organized by the local Hawkeye Bicycle Association (HBA) Racing Team. Course details are still being worked out, but it is likely to be right downtown, possibly crossing both the 2nd and 3rd Avenue bridges.

Watch for details in coming weeks at the HBA website (hawkeyebike.org) and the HBA Racing Team blog (hba-racing-team.blogspot.com). Sponsorship opportunities are still available at this point.

Pedal on.



Bicyclists of Iowa City Ride Schedule

Off-Season 2008-2009

All rides are unofficial, and therefore do not follow rules of an official BIC ride.

All riders shall meet up at the starting point at NOON (12:00 PM) and decide on a route. A ride leader may be designated as well. Maps may be obtained on the BIC website at www.bicyclistsoflowacity.org. Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures. **March 28th, 2009 will be the last unofficial BIC ride for 2009.**

Napoleon Park, Iowa City	West High, Iowa City	Herky St., North Liberty	N. Dodge Hy-Vee, I.C.
8-Nov	9-Nov	15-Nov	16-Nov
23-Nov	29-Nov	30-Nov	6-Dec
7-Dec	13-Dec	14-Dec	15-Dec
27-Dec	28-Dec	3-Jan	4-Jan
10-Jan	11-Jan	17-Jan	25-Jan
31-Jan	1-Feb	7-Feb	8-Feb
15-Feb	21-Feb	22-Feb	28-Feb
1-Mar	2-Mar	7-Mar	8-Mar
14-Mar	15-Mar	21-Mar	22-Mar
28-Mar			

Special Event Rides

Saturday, Nov. 22	Steve Swails' 60 th Birthday Ride
Saturday, Dec. 13 & Friday Dec. 19	Holiday Lights Night Rides
Saturday, Jan. 24, 2009	Hot Chocolate Ride
Saturday, Feb. 14, 2009	"I Love to Bike"
Tuesday, Mar. 17, 2009	St. Pat's Day Ride

ANOTHER REASON TO CLIMB THOSE HILLS!

Vigorous Exercise Can Cut Breast Cancer Risk

Vigorous activity can reduce the risk of breast cancer by about 30% in normal-weight women, according to an 11-year U.S. study of 32,269 post-menopausal women.

For the study, vigorous activity was defined as heavy housework (scrubbing floors, washing windows, demanding yard work, digging, chopping wood) and strenuous sports or exercise, such as running, fast jogging, competitive tennis, aerobics, **bicycling on hills**, and fast dancing.

Although vigorous activity reduced breast cancer risk in normal-weight women, it had no effect in women who were overweight or obese, according to study leader Michael F. Leitzmann and colleagues.

Nonvigorous activity, such as light housework and light sports or exercise offered no protection against breast cancer.

The findings were published in the journal *Breast Cancer Research*.

Gannett News Service 11-03-08



MAYBE ALONE ON MY BIKE

I listen, and the mountain lakes
hear snowflakes come on those winter wings
only the owls are awake to see.

And I have thought (maybe alone
on my bike, quaintly on a cold
evening, pedaling home), Think!

The splendor of our life, its current unknown
as those mountains, the scene no one sees....

Oh citizens of our great amnesty,
we might have died! We live. Marvels
coast by, great veers and swoops of air
so bright the lamps waver in tears,
and I hear in the chain a chuckle I like to hear.



Wm Stafford

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 myself, Sharon Doak. LAGBRAU was in its 5th year and while we found the ride leadership to be woefully inadequate and disorganized, with poor communication and no maps!, we did not let this get in the way of having fun and enjoying the other riders from all across the country. How can we forget "Brake-Burner Frank" from Connecticut? Or Michelle and Schantz from California on their honeymoon? Or the young man with skin cancer who covered every speck of skin and completed every grueling mile, plus he squeezed in long runs and hikes during the day?

Southern Utah is full of outstanding scenery and every day as we cycled along, we were rewarded with spectacular views! During the ride week, we 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. And before the ride, 3 of us enjoyed Arches National Park and after the ride, Zion National Park! Whew, I collected a lot of passport stamps for my National Park passport book!

I definitely discovered that Iowa has "hills" and Utah has "mountains". Climbs were 17-28 miles in length, spent in my granny gear the whole time. While the grades were steep, between 10-17%, the descents were exciting and exhilarating, with 12-14% downhills common.

On Wednesday, **March 25**, BIC's general meeting will feature a talk – with lots of photos – of our 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. Watch for details in the March newsletter as well as an email to club members.

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 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! ~Sharon Doak

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 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.



Support your local bike shops!

BICYCLE SALES AND SERVICE



BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY
BICYCLISTS SINCE 1976

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

BIKE EXPO at BIC GENERAL MEETING ON FEBRUARY 25, 2009!

For more information, see article on page 4.

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

JANUARY & FEBRUARY 2009

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Amish Harvest Tour to Cure Cancer Ride Coordinator vacant



RAGBRAI ®
online
registration
now open!

For more
information,
see pg. 2!

WWW.BICYCLISTSOFLOWACITY.ORG