

JUNE 2009



# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## FRIESE BBQ RIDE

Date: Saturday, June 20  
Time: 8:30 AM  
Ride Start: 22 Riverview Dr. NE, Iowa City  
Ride Leader: Steve Rudin



The good folks who own the Devotay Restaurant, Kim and Kurt Friese, will be hosting this delicious BBQ event. We will start the ride from the above address and will ride approximately 40 miles, including the Oxford loop. We will regroup at Old Roy's in Oxford then will ride back to Kim and Kurt's home. We plan to eat around 1:00-1:30 PM. Please bring something to share if at all possible. Should we have inclement weather that day, the ride may be cancelled but the BBQ will take place as planned. Directions to 22 Riverview Dr NE are as follows: Take Dubuque St. toward the Reservoir. Turn East on Stewart Road which is the first road south of the West Overlook entrance. Proceed east about .7 miles and turn right when you see the Riverview Estate sign. Go about .2 of a mile around the curve to house number 22, a gray two-story home on a corner lot. Please park along the street. **Please RSVP** to me by Wednesday, June 17 at (319) 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net).

## MARK YOUR CALENDAR...RAGBRAI PACKING & BOXING MEETING

Tuesday, July 14 is the date for BIC's annual packing and boxing meeting. We'll start at 7 o'clock at the Iowa City Public Library's meeting room A.

If you've gone on RAGBRAI in the past, you're probably still amazed that you can box up your bike, put it back together at the starting town, and then successfully pedal down the road the next day. If you've never been on RAGBRAI, you'll probably be amazed just learning that your bike could (and should!) fit into a cardboard box. We'll have an expert demo just what you need to do, performing these astounding feats on a real bike.



Another part of the night's events is a presentation of packing secrets. You'll discover it really is possible to fit a week's worth of clothes, plus a tent and your bedroll all into just two bags (okay, so they can be really big bags!). You'll learn how many undies to pack, why a battery-powered fan plus a bowl of ice equals air conditioning (um, sorta...), why you might be happy you brought a set of ear-plugs, and why ziplock bags can be your best friend.

Add to this a slide show from last year's RAGBRAI featuring a bunch of BIC members (maybe even you?) and you'll be psyched!

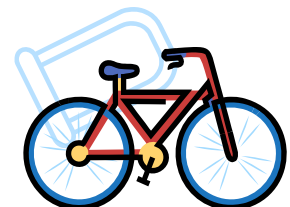
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### Biking Tip of the Month

Traditional cycling shorts with a padded, synthetic insert (called a chamois) are your best defense against saddle sores. Avoid the rookie mistake of wearing underwear beneath cycling shorts. Those additional seams can rub you raw and defeats the idea of cycling shorts. Nothing should come between your skin and the chamois except, perhaps, some lubrication.

This tip is from *Bicycling Magazine's Complete Book of Road Cycling Skills* by Ed Pavelka & editors of *Bicycling Magazine*.



## BIC BOARD MEETING MINUTES

**April 21, 2009**

Submitted by Rick Walton

Present: Rudin, J Stewart, Goff, Parrott, Hamm, Walton, T Stewart, McGinnis, Loring

President Rudin: Currently we are recruiting a new candidate for the presidency. Discussed some ideas for the next year and thoughts for the upcoming years. No decisions reached.

Secretary Walton: Minutes of the March meeting were approved.

Vice President Hamm: April 30 meeting is organized, at Coralville library. Will feature RAGBRAI director, who will present items of interest. July 14 is general meeting; Gus' is working with us to give us more space and less noise; we will give Gus' another try. If there are problems, we will seek other venues.

July 14 is RAGBRAI preparation meeting; boxing bikes and packing. 7:00 room A at ICPL.

Treasurer T Stewart: Dream Team issued a \$500 check. Other RAGBRAI expenses paid, which are matched by RAGBRAI income from registrations. Finances are stable.

Membership J Stewart: Slight increase. More new members from the Cedar Rapids area.

Touring Maddix (absent), Rudin reported: Ride season has started well. Augusta event was popular and well attended. Discussed some possible changes, such as Sunday Show and Go, with no ride leader; no decision reached.

RAGBRAI Parrott: New crew members are Robin and Danica. Young and enthusiastic and personable. We do not have a camp ground volunteer yet. Things overall are being finalized and coming together.

Webmaster Maddix (Absent): Rudin comments: Asked about Website; officers feel it is improving. Still requires some updates and corrections, occasionally.

Old Business Rudin: BIC will continue to support the Criterium and BTWW. We discussed some different and lesser roles; no decisions reached.

New Business Rudin: Discussed supporting Jingle Cross; likely not. Approved the donation of two special bicycles for disabled students to the ICCSD Foundation.

Next meeting: May 19 ICPL Meeting room E at 7:00

## OLD CAPITOL CRITERIUM VOLUNTEERS



I would personally like to thank all the dedicated volunteers who corner marshaled this year for the Old Capitol Criterium. Your willingness to work this event enabled us to ensure that the riders were safe during their race. Some of you worked more than one shift on very short notice, for which I am extremely grateful. I really appreciate your continued support for this annual event and hope that BIC will be there again next year on each and every corner.

Thanks again,

Steve

## Tour de Cure: Diabetes Ride

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

**Date: June 20, 2009**

**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. Participants 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.

**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.

**REQUIREMENTS:** Event Registration is \$25 + fundraising minimum of \$150.

## BIC DONATES TRIKES TO ICCSD FOUNDATION

The Iowa City Community School District Foundation is a private non-profit 501(c)3 organization formed in 1981 to generate private financial resources for the Iowa City area public schools. Their funding support makes programs and projects available to the students that would not be possible through the school district's state educational budget.

BIC was happy to support a funding request from the schools for the purchase of three-wheeled trikes to be used by special education students in grades 2-6 during their adaptive physical education classes.

BIC donated \$900 to help purchase two Trek "Pure Trikes", (\$450 each), which the ICCSD Foundation obtained from World of Bikes. WOB graciously discounted the regular price of \$650.



## TUESDAY MORNING RIDES

Tuesday rides 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: **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).

## THURSDAY EVENING LEISURE RIDES

The Leisure Rides are for everyone. Newbies will learn new, safe places to ride and will learn how to ride in a group. Old timers can share their many years of wisdom on seat height, tire inflation and lubing their bikes. Everyone can have fun getting to know each other.

We'll start at **Best Buy in June.** We'll leave the gathering place at **6 p.m.**, traveling on trails and low traffic streets and usually stop for a refreshment break. Participants might plan to have headlights and blinky tail lights if they plan to ride home after the group ride.

Barb Goff, 351-8609

[bentriider@mchsi.com](mailto:bentriider@mchsi.com)

**Thursdays:  
June 4, 11, 18, 25**



### BIC Email List

**BIC sends out email reminders to members about meetings and special events. If you have not been receiving these emails, please send your name and email address to Dan Berkowitz.**  
**dan-berkowitz@uiowa.edu**

## 30th Century Bicycle

Cody Gieselman and Steve Goetzelman are happy to announce that this spring they are opening 30th Century Bicycle, a shop focusing on bicycle commuting and touring, and offering full service repairs. Located at 310 E. Prentiss St. C, just west of the Gilbert St. intersection, 30th Century Bicycle is nestled among the other great local bike shops of Iowa City. Besides a variety of new bikes and equipment, the shop will also provide used bicycles.

Steve and Cody are knowledgeable and dedicated cyclists who do not have a car so rest assured they know what it is like out there. Long-time bicycle advocates and volunteers of the Bike Library (Iowa City's nonprofit, community bicycle project) they have also helped for several years organizing local Bike to Work Week events, and Steve has served on the Board of Directors of the Iowa Bicycle Coalition. They are excited that their new venture will allow them to be even more involved in promoting cycling. The new shop in town is happy to offer a 10% discount on parts and accessories to all BIC members, so stop in and say hello!

And here is the basic shop info:--  
30th Century Bicycle, 310 Prentiss St. Unit C, Iowa City  
(319) 248-1288 <http://30thcentury.wordpress.com/>



Organizers of the Amish Harvest Tour to Cure Cancer: Courage Ride present the most recent check in a series of donations to physicians at Holden Comprehensive Cancer Center at The University of Iowa on Thursday, May 7, 2009. The Amish Harvest Tour to Cure Cancer: Courage Ride honors the courage of Seth A. Bailey. Since 2006, supporters have raised almost \$53,000 to fund sarcoma cancer research at Holden. From left to right; Tom and Jackie Bailey, parents of Seth Bailey, Karla Miller, Director, Amish Harvest Tour to Cure Cancer: Courage Ride, George Weiner, MD, Director, Holden Comprehensive Cancer Center, Mohammed Milhem, MD, sarcoma researcher, and Mary Copper, Bicyclists of Iowa City. Not pictured, Leora Houghton, Past Director, Amish Harvest Tour to Cure Cancer: Courage Ride

## WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
June 3 <b>6:00 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 Sharon Doak at 626-6834.
June 10 <b>6:00 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 Sue Bode at 512-4101.
June 17 <b>6:00 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 Doug Kerns at 626-9140.
June 24 <b>6:00 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 Mark Stinski at 626-6477.

## ODE TO A WORN OUT TIRE

(with apologies to Pablo Neruda)  
 When I pick up  
 a worn out  
 tire  
 to take a closer look,  
 the miles it has traveled  
 astounds me:  
 O rubber  
 I don't know  
 the miles you have traveled  
 --what  
 is your destination?  
 Did the bike shop install you  
 or did you join your wheel in a factory  
 and the hands that put you on the rim,  
 sore from flexing cold rubber?  
 Did you come from those  
 racks on the ceiling  
 I remember so well,  
 from the 700C x 25  
 gumwalls,  
 from flat-protected treads  
 clinging to a rim?  
 Have you come from the bike path  
 and a quick dip  
 in a puddle  
 beneath the  
 trembling  
 willow?  
 Is yours the ride of leisure  
 or of hastened speed or dark

roads? Or is yours the ride  
 of a dampened cyclist?  
 What is it that you bring  
 to my butt  
 so early  
 every day,  
 worn out tire,  
 before I mount for my morning  
 ride  
 and go into the streets  
 among cars weighed down  
 with drivers?

~ Dan Berkowitz



## JUNE RIDES IN THE AREA

June 6- Red, White and BOOM  
 Bike Ride, Monticello IA and  
 Jones County\*

June 13- 7th Annual R.A.S.H.  
 Ride, Independence IA\*

June 13-14- TOMRV (Tour of  
 the Mississippi River Valley)

June 20- Chariton Classic,  
 Chariton IA\*

June 20- Tour de Cure  
 (diabetes ride), Solon IA\*

June 20- 11th Annual STIFF  
 Ride, Shueyville IA\*

June 27- Best Dam Bike Ride,  
 Ankeny IA\*

June 27- Habitat for Humanity  
 Fundraiser ride, Washington  
 IA\*

June 27-28 BIC's Mississippi  
 River Trail Ride

\*For more information, go to  
[bikeiowa.com](http://bikeiowa.com) for ride descrip-  
 tions and details!



# June 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 60 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 June 6	9:30	Riverside Park /	35 /	Nick Maddix	Washington
Class B / A	9:00	Napoleon Park	62	Steve Poggenpohl	

**Description:** It's been a while since we've been to Washington. It turns out they are hosting their 62<sup>nd</sup> annual Ridiculous Days. There are retail sidewalk sales, family activities, entertainment, parade, flea market, and auction. Two starting locations offer mileage tailored to ride styles and distance.



SUN June 7	8:00	Napoleon Park	55 /	Jan Stewart,	Lone Tree,
Class B	8:15	/ Hills Park	43	338-2396	Conesville, Nichols

**Description:** We'll head just south of Lone Tree towards Conesville. Upon reaching IA-70, we'll ride north to Nichols and then head west on IA-22 to Lone Tree. From there, head NW towards home.



SAT June 13	9:00	North Liberty	23	TBD @ Ride Start by	Sugar Bottom
Class C	AM	Comm Center		Riders	Area

**Description:** We'll loop Sugar Bottom & the Coralville Reservoir area. This ride offers plenty of big hills, but plenty of scenic views too! Upon arriving back, we'll enjoy the North Liberty Fun Days.



SUN June 14	8:00	Weber School	62	Steve Poggenpohl,	Parnell, North
Class A	AM			545-2095	English, Frytown

**Description:** Head west on the Black Diamond Trail to Parnell, before turning southwest towards North English. After a quick break in town, we'll return on the curvy southern stagecoach route.



SAT June 20	9:00	West Branch	37	Nick Maddix,	Cedar Bluff, Tip-
Class C	AM	High School		594-2857	ton, Cedar Valley

**Description:** We'll head north to Cedar Bluff first, and then venture east to Tipton. After a little grub, we'll loop back through Cedar Valley & Springdale. Celebrate Hometown Days back in West Branch.



SUN June 21	8:00	Hills School	63	Steve Poggenpohl,	Wellman, West
Class A	AM			545-2095	Chester, Riverside

**Description:** The start in Hills allows for us to ride to the posted mileage without going into the 70's. We'll ride into West Chester and take the "back-door" into Riverside. We'll head back on Old 218.



SAT June 27	9:00	Solon BP	36	Rebecca Donovan,	Ely, Cedar Rapids,
Class C	AM			621-0691	Shueyville

**Description:** It's BBQ Paradise at the 22<sup>nd</sup> Annual Cedar Rapids BBQ Roundup. Let's hope for sun this year! \$3 gets you and your appetite in the door. This ride also offers a spur to Shueyville via Club Rd.



SUN June 28	8:00	West High	53	Steve Swails,	Williamsburg,
Class B	AM	School		337-4272	Parnell

**Description:** This western loop travels on BD Rd, IA-149 and the IWV. We'll break in Williamsburg.

## CYCLE ZYDECO 2009

### *Laissez les bon temps rouler!*

(Let the Good Times Roll)



About 350 fun-filled bicyclists from 37 states converged on Louisiana Cajun Country April 15, beginning a four-day ride through the towns of Lafayette, St Martinsville, Beaux Bridge, Arnaudville, Washington, Mamou, Eunice and Grand Coteau. This event was not about scenery like the Buttes of Utah or the snow-capped Rockies of Colorado, but rather about history, culture, music, cuisine and genuinely friendly people in a very unique region of our country.

#### **The ride**

The ride itself meandered through the countryside on quiet roads showcasing crawfish farms with red bobbers as well as sugar cane, wheat, and rice fields. The tour finished in a grove of 100-150 year-old statuesque live oak trees, covered with Spanish moss, at the Academy of the Sacred Heart.

The terrain was very flat with some rough roads, but companionship en route and anticipation of music, dancing, drink, and food in the towns softened the rough experience.

One unique stop along the way was a boat tour of the Atchafalaya Basin, which is the nation's largest swamp wilderness. With over 600,000 acres measuring 20 miles wide by over 150 miles in length, this basin houses nationally significant expanses of bottomland, backwater lakes, swamp-land, bayous, and hardwoods such as the bald cypress. It supports over one-half of America's migratory waterfowl and contains over 200 species of birds. It also contains the fifth largest fish crop in the U.S. and yields over 23 million pounds of crawfish annually.

This ride was not a race, leisurely averaging between 43-56 miles each day with ample rest stops and towns to stop and soak up the history and culture.

#### **History and Culture of the Area**

Following the start of the French Indian War in 1754, the British deported the French from Nova Scotia for refusing to swear allegiance to the English king and to forsake Catholicism to become Episcopalians. Known as Acadians, they have a well-documented rich history, visible in both towns and countryside en route.

Riders had the opportunity to visit museums and historical sites that shared the Acadian pilgrimage to southwest Louisiana. For example, St. Martinsville is not only the home of the Acadian Museum, but also of Edward Simon, who met Henry Wadsworth Longfellow while attending Harvard Law School, and after sharing the story of the Acadian exile with him, Longfellow wrote "Evangeline" which immortalized the exile.

#### **Regional Characteristics**

**Music – Zydeco** was the music of choice morning, noon, and evening with dancing shoes a must for riders. **Zydeco**, for those unfamiliar with it, has its roots in folk music that evolved in southwest Louisiana in the early 20<sup>th</sup> century. Usually characterized by a polka tempo and dominated by the button accordion and a form of a washboard known as a "rub-board"; it is really a unique and fun-filled experience easily enjoyed while toasting a local beverage.

In Eunice on Saturday evening at the Liberty Theater, we

saw "Rendezvous des Cajuns," a live NPR and TV broadcast including the Jambalaya Cajun Band. The broadcast was in French and English with a dance floor in front of the stage for the audience of 500 to show their dancing talent.

For legs not easily exhausted by bicycling 50 miles, there were many opportunities for additional exercise on dance floors multiple times throughout the day.

**Cuisine** – With several of the meals included, we had many opportunities to taste the local flavors throughout the ride. Crawfish etoufee, jambalaya, dirty rice, broiled prawns, Jalapeno cheese bread, rabbit with a rich brown gravy, and bread pudding with white chocolate sauce were just some of the dishes. Boudin, a Cajun sausage mixed with meat, rice and spices in a casing similar to what is used for bratwursts, was complimentary at locations along the route. Saturday evening, the organizers hosted an appetizer gathering where over 1200 pounds of seasoned crawfish were served for the 350 bikers.

**The People** - The opportunities to meet and to talk to the descendants of the Acadians, Cajuns, the "locals," and to sense the pride in their heritage was truly rewarding. The support staff had to be rated 10 on a 10-point scale, and the bikers were unbelievably friendly when it came to rubbing shoulders. No one hesitated to have a great time, not only riding, but also at every opportunity along the way.

Accommodations for the ride were motel rooms, inside a school gym, outside camping with your own tent, or an organized tent service at additional expense. My selection was my own tent. Although it did not rain during the ride, five inches of rain Friday evening and six more inches on Saturday night, and this could have easily soured some bikers. **HOWEVER**, putting the whole experience together, the rain did not dampen my spirit.

As the French say "*Laissez les bon temps rouler!*" And that is exactly what took place on **Zydeco 2009**.

Bruce E. Johnson

April 27, 2009

(Other BIC members present on the ride were Marv Scher, Mark Stinski, Judy Siebert)



## 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.



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

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

**JUNE 2009**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### **President**

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chaserudy@southslope.net

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June 21

First Day of Summer!

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