



OCTOBER 2009

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

BIC BOARD ELECTIONS & IRELAND BIKE TOUR

Please join us on **Wednesday, October 21**, when BIC holds its annual board elections. BIC members Anne Duggan and Larry Fitzpatrick will also present a slide show talk about their bike trip to Ireland, titled **To Letterfrack and Back — An Un-guided Tour for Two**.

The location is Gus' Food and Spirits, 2421 Coral Court, Coralville. Arrive by 6:00 pm to place your order and for social hour with appetizers provided by BIC. There will be 6 entrees to choose from, priced around \$10.00, including non-alcoholic beverage and tip. RSVP by Oct. 14th to donnaghamm@msn.com or 319-351-3664.



The ad hoc nominating committee submits this list of names as candidates for the 2009-2010 BIC executive board:

- President: Nate Van Der Weide
- Co-Vice Presidents: Dan Berkowitz & Donna Hamm
- Treasurer: Todd Stewart
- Secretary: Rick Walton

BIC members are also encouraged to make nominations from the floor. In addition to these elected positions, *appointed* board positions include Publicist, Membership, RAGBRAI Coordinator, 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.

BIC FALL FAMILY/FRIEND PICNIC

Our second annual BIC fall family (or friend) picnic will take place on **Sunday, October 4, 2009** 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. We will start eating around noon. Meat, beverages, dessert, and table service will be provided by BIC. Please bring a covered dish to share.

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!



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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.

The starting point for October is the Iowa City Waterworks Park.



BIC BOARD MEETING MINUTES

August 18, 2009

Submitted by Diane McGinnis

Present: Rudin, T Stewart, J Stewart, McGinnis, Hamm, Doak, Copper, Goff, Van der Weide

President Rudin: Discussed Michigan shoreline ride and LMB (League of Michigan Bikers) would like to have the BIC group return next year.

Vice Presidents Hamm and Berkowitz (absent): Discussed upcoming BIC meetings. The October 21st, 6:00 pm general meeting will be held at Gus', both back rooms have been reserved. Speakers will be Anne Duggan and Larry Fitzpatrick; they will be showing pictures of their Ireland tour.

Treasurer T Stewart: Income: RAGBRAI, Membership fees, BIC merchandise, misc. Expenses: RAGBRAI, BIC merchandise, Charitable Contributions, misc.

Membership J Stewart/McGinnis: Membership is currently at 317.

Touring Maddix (absent): Nick will no longer have time to be the Touring Coordinator; we need to find a replacement.

RAGBRAI Parrott (absent): Rudin reported. The RAGBRAI crew suggested adding an additional person to help next year.

Courage Ride Copper: Donna Hamm did the PSA. Live & Local PATV at 7:30 on August 30th will promote the Courage Ride. Judy Siebert will moderate, speakers will be parents of Seth Bailey and Dr. Mohammed Milhem.

Editor Doak. Rudin said he received compliments from out-of-state people on the BIC newsletter.

Education & Safety Loring (absent): Need to recruit a person for this position as Brian will no longer be the Education & Safety chair person.

Publicity Copper: Working with the Gazette on getting the rides posted.

Webmaster Maddix (absent): Discussed hiring a professional service to revamp the current website. Once the new website is up and running there will be the need for a content editor.

Old Business: Left over RAGBRAI soda & water will be used for the Courage Ride, while beer & wine will be brought to the BIC Holiday party in December.

New Business: Need to start planning for the Oct 4th picnic, holiday party, and 2010 bike agenda. Donna will be contacting the City of Coralville to try to reserve a day for the holiday party.

TOURING COORDINATOR STEPPING DOWN

After two years of service, Nick Maddix has decided due to an increased workload amongst his personal life and his schooling to withdraw from his position as BIC's Weekend Tours Touring Coordinator.

Nick accepted the position during the early part of 2008, taking over from Neil McEntaggart. The "man with the music coming out from his back" will continue to introduce and host a series of gravel based rides and the Full Moon Night Rides, both rides that are scheduled once a month during the official riding season. He will also continue his role as BIC's webmaster.

BIC is grateful for Nick's role and enthusiasm over the past two years and we wish him all the best with his other commitments. If you'd be interested in filling the position of Touring Coordinator, or have some questions regarding the jobs and duties required of this position, please contact any of the executive board members (see the end of the newsletter for the contact info).

DEVOTAY 3-D RIDE ON OCT. 18

**Another Extra, Extra, Extra Special Ride.....
Make Your Reservation Now!**

Date: **Sunday, October 18**

Time: **9:30 AM**

Ride Start: 117 North Linn St. (Devotay Restaurant)

Ride Leader: Steve Rudin

Join us for a fall 3-D (Delightful, Delicious, Devotay) event. We will ride from Devotay down Sand Road to Hills, stopping at Casey's, if desired, then do the Sharon Center loop (~35 miles). We will then return to the Devotay restaurant for a wonderful buffet starting at 1:00 PM. We will only be accepting reservations for the first 35 people to RSVP. Our wonderful hosts, Kurt & Kim Friese, will treat us to a specially priced buffet for only \$8. This is the real deal! Please **RSVP by Oct. 15** to Steve at 319-626-6369 or 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 another special day of riding fun and great food.

2009 MICHIGAN WEST SHORELINE TOUR

I want to personally thank all 23 BIC members who chose to do this beautiful ride. Your participation is what enhanced my own fond memories of this fun-filled week. I was touched by seeing all of the BIC jerseys that were worn on Sunday, the first day of our Michigan adventure. It would have made any club president proud. I think BIC had the largest number of club participants. Iowa was number 3 on the census list.

The scenery was spectacular, the weather cooler than normal, which made the flowers more colorful and fragrant. The cherries were also more abundant. An average acre of cherry trees produces 10,000 pounds of bright red sour cherries. The wineries were awesome, high on the Mission Loop. The evenings were exceptionally fun, always something happening at the Oyster Bar in Charlevoix.

I would like to mention that Sharon Doak's trip ended on a sour note. On Sunday, the first day of riding, she fell victim to a bad case of vertigo. Her biking adventure had ended and she flew home to rest. I and the rest of our BIC riders thought of her each and every day. Sharon was very pleased with the League of Michigan Bicyclists (LMB) who helped get her home safely. I'll be back on this ride when it celebrates its 25th anniversary in 2011, health permitting.

In review, I would have to rate this event as a four star ride. LMB did a wonderful job to host such a highly rated ride. I believe it's in the top four rides in the US. I'm so looking forward to doing more out of state tours with a group of BIC riders.

A ride I'll never forget!

The Prez





Oct/Nov 2009 Weekend Tours



Ride Classification System (Flatter = Faster)		
Class A	Advanced, 45 to 100 miles	15-20+ mph
Class B	Intermediate, 25 to 60 mi.	12-17 mph
Class C	Casual, 15 to 40 miles	10-15 mph


Check www.bicyclistsoflowacity.org

for the latest updates to the ride schedule and route maps. Rides without a host at start automatically become show n' go. Rides are canceled if the wind chill or air temperature is 32°F or below 1 HOUR before ride start. Weather information can be found off the BIC website. Helmets required.

Recruitment Dates:	WEEK 1 & 2 – SEPT 28	WEEK 3, 4 & 5 – OCT 14	The Rest – OCT 26
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WEEK ONE		Saturday, October 3 START TIME: 10:00 A.M. MILEAGE: 19, 27 CLASS: B MEET AT: Millstream Brewery, Amana DESTINATIONS: Amana Col., Marengo	Sunday, October 4 TIME: 10:00 A.M. to 2:00 P.M. MILEAGE: 4 CLASS: C MEET AT: F.W. Kent Park (west of Tiffin)	
	Amana will be having their annual Oktoberfest. The century-old Festhalle Barn is the setting for non-stop entertainment, dancing and German-style food and beverages. Choose one of two loops.		Please come to our second annual BIC Picnic. There's the option to do the Kent Park loop as well. Food and drink will be provided by BIC. Please see the newsletter article for more details.	
WEEK TWO		Saturday, October 10 START TIME: 10:00 A.M. MILEAGE: 35, 27 CLASS: B MEET AT: Napoleon Park, Iowa City DESTINATION: Lone Tree	Sunday, October 11 START TIME: Noon ←←← MILEAGE: 53 CLASS: B MEET AT: Wapsipinicon State Park, Anamosa DESTINATIONS: Stone City, Monticello	
	We'll do the generally flat and enjoyable Lone Tree Loop. Take a break at the corner BP station before heading back. You can also start in Hills and meet up with us at the 4-way stop east of town.		This ride promises great views and mostly low traffic roads. It is easy to see how Grant Wood found the inspirations for his paintings. Other towns on this route include Prairieburg, Scotch Grove and Amber.	
WEEK THREE		Saturday, October 17 START TIME: 10:00 A.M. MILEAGE: 30 CLASS: B MEET AT: North Liberty Comm Center DESTINATION: Sugar Bottom Area	Sunday, October 18 START TIME: 2:00 P.M. MILEAGE: 38 CLASS: C MEET AT: West Branch Park Sq. DESTINATIONS: Cedar Valley, Tipton ALTERNATE RIDE: DEVOTAY @ 9:30 AM, see article on page 2 of this BIC Post.	
	The Sugar Bottom Loop offers your best opportunity to view fall foliage in the Iowa City area. After the tour, we'll chat and chew at Bobber's, north of North Liberty on Scales Bend Road.		The Cedar Valley offers cyclists a fine opportunity to view fall splendor. We'll ride to Tipton via Springdale and Cedar Valley, and return via Cedar Bluff. The views off the Cedar River are especially colorful.	
WEEK FOUR		Saturday, October 24 START TIME: 10:00 A.M. MILEAGE: 33 CLASS: B MEET AT: Solon H.S. DESTINATIONS: Shueyville, Swisher, N. Liberty	Sunday, October 25 START TIME: 2:00 P.M. MILEAGE: 30 CLASS: B MEET AT: West High School DESTINATION: Windham	
	Start in Solon or North Liberty (10:45). We'll bypass the Hwy 965 construction by taking Cou Falls Rd to Swisher. The new coffee shop is a must see! From there, we'll return to Solon via Shueyville and Ely Rd.		Head west on IWV Rd towards Black Hawk Ave, and then south towards Windham and Black Diamond Rd. Return via Rohret and Irving Weber, then take the trail shortcut off Shannon Dr. back to WHS.	

SPECIAL RIDES	Full Moon Ride (LAST ONE OF 2009!)		Halloween "Spooks on the Trail" Ride	
		Friday, October 23 START TIME: 6:00 P.M. MILEAGE: 15 CLASS: C MEET AT: City Park, Iowa City DESTINATION: Coralville Dam	Saturday, October 31 START TIME: 10:00 A.M. MILEAGE: 15 CLASS: C MEET AT: City Park, Iowa City DESTINATION: Coral Ridge Mall	
	There is an enthralled feeling that one gets when riding at night under the brilliance of the moon. Bring your bike lights and join us on a casual ride to witness & experience the splendor of the night. See you next spring!		Prowl around on the area bike trails. Head west on the Iowa River Corridor and Clear Creek trails to Coral Ridge, and returns via the Auburn Hills and again the IRCT.	

SEASON FINALE		Sunday, November 1 START TIME: Noon MILEAGE: 30, 15 CLASS: B, C MEET AT: North Liberty CC or Solon High School DESTINATION: Sutliff
	Thanks to everyone for a great season! We'll ride to Baxa's Sutliff Store & Tavern to celebrate. The BIC season starts back up again next year on April 3 rd , so until then, Happy Holidays and best rides!	

Welcome Back Tim!

I would like to welcome back to the Iowa City area one of our past active members. Tim Cornelius is moving back from Wisconsin. He truly has missed our club activities and he is willing to be a very active member once again. He should be riding with us in early October.




~The Prez

PUTTING USED BICYCLES TO GOOD USE!




Pedals for Progress will be collecting bicycles on **Saturday October 24, 2009 from 9:00 a.m. until noon** at two area locations: **Penn Elementary School** (Dubuque Street) in North Liberty and **New Life Community Church** one block west of Walgreen's on the Coralville strip (next to the El Dorado restaurant behind the former Lone Star Steakhouse).

Pedals for Progress is a non-profit organization that collects **used bicycles** and trucks them to Newark, New Jersey. From there they are shipped to third world countries where they are sold by for-profit bicycle shops that have been established by *Pedals for Progress* and run by local business people. When a person, who has been walking throughout his/her life, obtains a bicycle they are suddenly five times more mobile; thus jobs, schools, health facilities, markets, friends and family all become much more accessible. Needless to say this is a tremendous boost to people who otherwise are willing to work or attend school but can not do so due to their transportation limitations.

So you ask: **How can I help?** There are **4 ways you can help!**

-  Work at one of the collection sites on Saturday October 24th. To volunteer your services or for more information about the collection process please contact BIC member Ray Haas at 356-3501 (work) or 341-

7756 (home) or by email at ray-haas@uiowa.edu
 Work involves providing donors a receipt for their donated bicycle(s) and helping them move their bicycle (s) from their vehicle to an on-site workstation where we remove pedals and turn the handlebars before placing the bicycle(s) into the transport truck. This process is very similar to loading the BIC truck for RAGBRAI.

-  Bring a bicycle or multiple bicycles to one of the collection sites.
-  Tell friends and family about *Pedals for Progress* and encourage them to participate.
-  Make a donation to *Pedals for Progress* to support their efforts. Note, they ask that bicycle donors make a \$10 donation for each bicycle they donate in order to defray shipping costs.

For additional information and an inspirational and informative video about *Pedals for Progress* go to this URL www.p4p.org



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

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.
 Please send the electronic version of the BIC Post newsletter via email.

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!



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!

OCTOBER 2009

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