

SEPTEMBER 2009



THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

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!



THE PREZ'S PACK'N AND CAMP'N RIDE SEPTEMBER 12-13

The Prez is planning yet another fun-filled weekend adventure loaded with team camaraderie. This self-contained trip will be lead by head Master Bagger, Steve Rudin.

We will meet at Napoleon Park on Saturday, September 12, departing at 8:00 AM. We will then travel to Salsburg campground near Muscatine, approximately 35 miles. After our arrival and camp set up, we will ride into Muscatine and check out the trails, dams, etc. We will return on Sunday, September 13.



If you have any questions, please feel free to contact me at 626-6369 or chaserudy@southslope.net. This ride will take place rain or shine. Please RSVP by Tuesday, September 8.

Steve Rudin

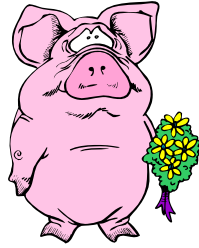
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Tuesday Morning Rides

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. Several different people will serve as ride leaders. **The starting point for September is Scott Park** and October, the 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).

RIDE FOR RIBS



9:00 AM Saturday, September 12

Mark your calendar – This is likely your only chance to do this popular ride, running only once in 2009. There are other simultaneous current events, so this will not be as crowded as in the past, but the all-you-can-eat ribs will be just as plentiful. If you wish, you could also order off the menu and, regardless of your choice, RSVP is not necessary. We are expecting a small, determined, and committed group.

Iowa plays Iowa State in Ames with TV scheduled to start at 11:00, and kick-off likely at 11:30. The ride starts at 9:00 AM from the southeast corner of Williamsburg Park square near the corner of Welsh and Court streets. Distances range from 27 to 65 miles, with many opportunities to shorten and lengthen, especially at the end; so, you could customize your arrival time. After returning, we plan to meet in the Sun-downer to watch the game. The second half would likely start at 2:00 and ribs at 4:00. In the past, watching the game with Joe Smith, Bruce Johnson, and Mark Stinski has been a hoot; they will not let us down, they never do.

Myers' Grill is located on IA-149 (303 Highland St.). It is across the street from the supermarket in Williamsburg.

This is a rain-or-shine event, unless you do not eat when it is raining. For alternative plans, if the weather interferes, call Marv Scher 319 351-2534.



A DOOZIE OF A DAY!

The 2009 Amish Harvest Tour to Cure Cancer is set for **Saturday, September 26, 2009**. The event – also known as the Courage Ride – is a joint effort of Bicyclists of Iowa City and the Bailey family. It raises money for the Holden Comprehensive Cancer Center at the University of Iowa. Last year, we raised more than \$30,000 for cancer research.

This year's ride starts at the **Iowa Mennonite School** (1421 540th Street S.W., Kalona, Iowa 52247) 18 miles southwest of Iowa City, where Seth Bailey played basketball and was a role model for other students. The bike route climbs up and down gentle, rolling hills in Amish country and brings you all the sights of the autumn harvest, with distances from around 20 to nearly 100 miles of beautiful Iowa farmscape.

The Iowa Mennonite School (IMS) is a great place to start the ride, with **free camping and school showers** available. We will have one-of-a-kind rest stops featuring Amish foods from the Kalona area as well as the traditional "bikers food." You'll find great sag wagon service and detailed maps, too. Once again, a pre-ride breakfast will feature **Dad's Belgian Waffles**.

Participants reaching specific funding levels will have their name entered into a **drawing for great prizes**, including a ski trip to Big Sky Ski Resort in Idaho. Join us as we fight back! Help create an event that will give back long after we climb off our bikes!

Registration is \$50 paid on or before 9/1/2009. After that date, the fee goes up to \$60.

For more details or **to register**, see <http://courageride.org/>



THE GREAT MISSISSIPPI RIVER TRAIL ADVENTURE



BIC's first 120 mile self-contained ride adventure along the mighty Mississippi River took place on June 26-27, 2009. Joel Pickar had started planning this trip during the cold winter months. The Bob trailers or panniers were all packed, as we left Sunset Park in Rock Island, IL.

Our ride started out like any other – 16 riders on a 95 degree hot day, riding pretty much as a group and stopping to eat and see things along the way. On our way to a local watering hole we saw a funny looking guy on a bicycle – had blue jeans, long

sleeves, straw hat, and a coffee can hanging off his bike seat (Nate thought this was a rather unique seat storage contraption). We met him – Don – at the bar, and he helped us find our way out of Fulton and showed us where all the fresh raspberries were along the trail (thus the coffee can was for the berries), which Donna Hamm and I totally enjoyed. The rest of the group rode on while we enjoyed the berries, and this is where the “normal” story ends, and our adventure really begins.

Donna and I soon found Tom, Joel, and Rick along the trail, struggling with multiple flat tire problems. We hung around a long time, and then decided they were big boys, so off we rode.

The trail soon ended and we were back on a local county road. Suddenly the sky was looking dark and rather ominous, and the local ranger/sheriff drove by and told us of a severe thunderstorm warning for the next 30 minutes. We asked him to check on the 3 stranded bikers back on the trail, and we headed on down the road, hoping to skirt the storms and zip down the last 6 miles and into a dry camp.

Suddenly the wind shifted and became a very robust headwind. We fought onward until suddenly we could no longer move forward or stay upright, I with my panniers, and Donna pulling a Bob. We looked around, but not a house, driveway or building was anywhere within sight. The rain started to pelt us, and we were no longer very visible and on a narrow shoulder, so we laid our bikes down in the flat grass ditch area, with only crops to our left and trees to our right. We were just preparing to lay down in the grass next to our bikes, when a white cargo van pulled up and offered a safe haven. Donna climbed in front, I climbed in back where I was thrilled to perch on all the handy man tools and equipment. We left our helmets on as the strong winds made a direct hit on the side of our van and rocked us to and fro. Thankfully, the van did not flip over, but we did have 70 mph straight line wind which damaged crops and took down trees and powerlines all around us.

When the winds and rain finally let up, Donna asked if we should ride to town or to our camp. My first comment was “let’s go, it’s just a little rain and we don’t want to be wimps”. Then Donna gave me an odd look, and my better senses stepped in and I re-thought our situation. I decided I had nothing to prove and that it was already amazing what we had accomplished, so our van driver took us (bikes and all) into town – first to Kentucky Fried Chicken to meet our group (Steve, Nate, Todd and Sharon had missed the turn off the trail to the campground in the pelting rain and had gone an extra 2 miles in the storm and landed in town) and then to the

one and only motel in town. More storms were in the forecast, so our group of drowned rats decided to book motel rooms. At first glance, the motel looked vacant, but as we rounded the back of the hotel we saw about 100 Harley motorcycles that were in town for a rally. Of course there were no rooms available, and I tried to talk the Harley group into showing some compassions and doubling up on their rooms so that our group of 16 could also sleep in dry beds. They laughed us right out of the room! And they think they’re the tough ones! Ha! What a bunch of softies! We went out and hopped on our bikes, only to realize that Donna had a flat tire which we proceeded to change in the rain in front of 50 Harley bikers.

Harold and Barb Goff were just south of Savana as the first drops of rain started. When it became evident that they needed to find shelter, they located a little construction 3-sided shed in a yard. Fortunately, the shed was facing east and the storm was coming from the west, so they backed the bob trailer and tandem into the shed with only the front of the tandem sticking out. Amazingly, they did not get wet nor did their bag in the trailer.

Tom, Rick and Joel had decided to hastily set up Joel’s tent along the trail with the storm approaching. They huddled in the tent, with Tom’s bike pump between his legs. Outside a lightning flash lit up the inside of the tent. At about the same time, a small 16-24 inch lightning bolt extended from the middle of the tent’s interior toward the ground. That outside bolt must have drawn a bolt up from the water, ground and/or bike pump that was between Tom’s legs on the tent floor. Joel later did some research, and found this was called a “streamer”. The most common form of lightning is cloud to ground lightning (CG lightning). It starts in a cloud and travels toward the earth. As the electricity of the lightning bolt travels to the ground it creates an electric field which can draw a smaller lightning bolt up from the ground. This smaller bolt is a “streamer”. I guess Joel’s research proves that they weren’t crazy.....or lying.

Saturday night the group either camped or had hotel rooms at Seven Eagles Campground just south of Savana. The night ended with us hanging around a smoky campfire, later abandoning it due to the soaked firewood.

On Sunday we all headed back to Rock Island, but trees were across the trail, so that we had to change course and go on the highway for a short distance. The wind changed into a very difficult headwind, gusting to 30+ mph, especially as we skirted alongside the Mississippi. Even in Sunset Park, a huge tree fell over the trail and blocked our path.

We all thank Joel for planning this great adventure and for the memories. We thank Nate, our host mechanic, for changing flat tires as fast as they do at NASCAR races. Arch, from Chicago, thought it was so much fun getting to know all the BIC riders.

My favorite quote of the weekend came from Sharon: “I’ve never had so much fun being miserable!”

(The Mississippi Trail riders included Arch Bryant, Sharon Doak, Barb & Harold Goff, Donna Hamm, Tom Langdon, Joel Pickar, Steve Rudin, Nate Van Der Weide, Judy & Gary Siebert, Todd & Jan Stewart, Rick & Laura Walton, and Richard Studer.)

Story by Jan Stewart, edited by Sharon Doak.

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
September 2 5:30 PM 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. For questions call Jan Stewart at 530-2396.
September 9 5:30 PM Weber School	27 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 group's choice. For questions call Bob Lorenz at 530-4254.
September 16 5:30 PM Hills	27 miles	Meet at Hills School, just east of the 4 way stop. Your ride will take you into the intriguing Amish country. We will ride west on some of the most scenic country roads. Our ride will go through Sharon Center, Frytown and loop back. We will dine in Iowa City afterwards. For questions call Joe Smith at 627-2274.
September 23 5:30 PM Solon	26 miles	Meet at the Solon High School. The ride will go out the old Sutliff Rd. and then west on 140 th . The route will retrace back to Solon or add a 7 mile hammer head to Sutliff. Later we will chat and chew at a diner of your choice in Solon. For questions call Sharon Doak at 626-6834.
September 30 5:30 PM 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.

Wednesday Night Riders PLEASE NOTE: For rides starting in Solon, we cannot use the gravel parking lot behind the BP gas station. Meet at the Solon High School. Because of decreasing daylight, the rides for all September Wednesday night rides start at 5:30 PM !!

GO GREEN!

Elect to Receive the Electronic BIC Post!

Many BIC members have expressed interest in receiving an electronic PDF version of the BIC Post in their email inbox. If you would like this, please send your name and email address to Dan Berkowitz. profdanb@gmail.com



BIC BOARD ELECTIONS PLANNED FOR OCT. 21

Mark your calendar for **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 Unguided Tour for Two*.

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.

If you are interested in any of these positions, please contact either of the co-vice presidents. Volunteering for your bike club will reward you in many ways!

Watch the October BIC newsletter for details on the location and dinner menu for this meeting.



September 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

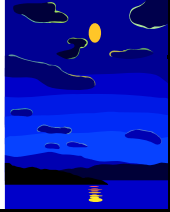

Check www.bicyclistsofiowacity.org

for the latest updates to the ride schedule, including ride hosts. To host a ride, contact Nick Maddix at 594-2857, or at bicyclistsofiowacity@gmail.com. Helmets are **required** on all

rides. Rides without a host at start automatically become show n' go.

Recruitment Dates:	WEEK 1 & 2 – AUGUST 31	WEEK 3 – SEPTEMBER 14
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WEEK ONE		Saturday, September 5 START TIME: 8:00 A.M. MILEAGE: 47 CLASS: A MEET AT: Solon High School DESTINATIONS: Mt. Vernon, C. Rapids	Sunday, September 6 START TIME: 2:00 P.M. MILEAGE: 47 CLASS: B MEET AT: West Branch Park Square DESTINATIONS: West Liberty, Moscow	
	<p>We'll ride to Mount Vernon first and then take the historic Lincoln Hwy to Cedar Rapids before venturing back on Ely Rd. Don't miss the old schoolhouse and the Seedling Mile marker.</p>		<p>We'll head south to West Branch thru Downey before venturing south and east to the scenic and natural conservation area. Our return route will take us though Moscow and Rochester.</p>	
WEEK TWO		Saturday, September 12 START TIME: 9:00 A.M. MILEAGE: 38 CLASS: B MEET AT: Herky Street, North Liberty DESTINATION: Oxford, Windham...	Sunday, September 13 START TIME: 2:00 P.M. MILEAGE: 54 CLASS: B MEET AT: Solon Nature & Rec Center DESTINATIONS: Swisher, Norway	
	<p>Rolling hills speak louder than words, so conserve your energy on this one. There are several rest stops along the way in case you get a bit over your head. This route also includes Cosgrove & Tiffin.</p>		<p>Norway is the place for bicycles and baseball! This community was the setting for the 2007 movie "Final Season". This route includes riding a bit of US 151, which includes a narrow paved shoulder.</p>	
WEEK THREE		Saturday, September 19 START TIME: 9:00 A.M. MILEAGE: 53 CLASS: A MEET AT: <u>Middle Amana School</u> DESTINATIONS: Marengo, Belle Plaine	Sunday, September 20 START TIME: 1:00 P.M., 2:30 P.M. MILEAGE: 62, 35 CLASS: A, B MEET AT: Napoleon Park or Riverside DESTINATION: Washington	
	<p>This route begs to be ridden. The Amana to Belle Plaine portion is designated as an Iowa Scenic Byway with spectacular views and the rolling hills from Belle Plaine back have scenic bliss as well.</p>		<p>We'll give this ride another chance to be ridden. Riverside Park is just south of Casey's off IA-22. Past IA-22, this is a curvy, but scenic ride atop the bluffs overlooking Riverside. This ride is a retrace.</p>	
WEEK FOUR		Saturday, September 26 START TIME: Varies MILEAGE: Varies CLASS: Choice MEET AT: Iowa Mennonite School DESTINATIONS: Varies	Sunday, September 27 START TIME: 8:00 A.M. MILEAGE: 68 CLASS: Choice MEET AT: Hills City Park DESTINATIONS: W. Liberty, Muscatine	
	<p>Ride to support cancer research while enjoying spectacular views in Amish Country. Details can be found at www.courageride.org and in the BIC newsletter. Also consider volunteering if you cannot ride!</p>		<p>While not officially part of the Courage Ride, everyone is invited to join us on this scenic easterly ride towards Muscatine. This route includes passage through two ecosystems along the Cedar River.</p>	

SPECIAL RIDES	Full Moon Ride		Gravel / Dirt Ride	
	Friday, September 4		Friday, September 11	
	 START TIME: 7:30 P.M. MILEAGE: TBD CLASS: C MEET AT: City Park, Iowa City DESTINATION: Coral Ridge Mall		 START TIME: 5:30 P.M. MILEAGE: TBD CLASS: C MEET AT: Herky Street, North Liberty DESTINATION: Green Castle	
	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-life.		This route comprises of a mix of pavement, gravel and dirt. The Green Castle Bridge area is popular amongst a variety of people and also boasts some scenic views.	

WHAT IS YOUR COMFORT LEVEL?

Without reading release waivers, we all know bicycling involves risk, and everyone has a comfort level in connection to roads and conditions that they follow to ensure maximum enjoyment. Some of us have a high tolerance; we'll ride roads such as Hwy 965, U.S. Hwy 6, or maybe even IA Hwy 1. Others prefer low-traffic roads such as X30 (Baker Ave) north of West Branch, or south to Downey, Sutliff Rd (F14) to Lisbon or the Amish Country Loop west of Hills.

If you have been bicycling in the Iowa City area for a considerable amount of time, then you already know roads that meet your comfort level and those that exceed it. You know that many individualistic factors contribute to our comfort level - road width, curves and their impact on visibility, hills, road surface conditions, shoulders or lack of shoulders, newly paved roads, time of day, past experiences with vehicles, including speed and traffic density, and so much more. Except for traffic density, all these variables involve personal judgments.

There is one useful tool that bicyclists can use to assess bicycling routes that may meet their own comfort level. The Iowa Department of Transportation (IDOT) provides data on traffic density as Average Annual Daily Traffic (AADT) and this data is available on their website at iowadotmaps.com. By using the AADT data as a guidance, all bicyclists will be able to determine suitable bicycling routes that meet with their comfort level - at least based on the AADT. The current data reflects the 2006 year, but the 2010 data will be arriving in a year or two. One interesting thing to look at also is the comparison of the maps from 2002 and 1998.

You may or may not know that BIC's current touring policy is that generally all roads under an AADT of 5000 are fair game, and those of an AADT above 5000 are fair game for up to five miles. BIC provides a variety of routes each week that are accustomed to a variety of comfort

levels, from the mileage-driven rider to the casual social rider. Some rides stick to a predetermined route, while others are flexible.

In the end, it is the rider's decision to determine if a particular route is suitable to their personal comfort level. Future enhancements to the touring program will include published maps on the website in advance, so one will be able to pre-determine his or her ride attendance based on the proposed route. Perfect starting points for beginner and intermediate riders riding with us on the open road include options such as the Thursday Evening Leisure rides and the Wednesday Evening Escapes. We hope to see you soon and thanks for riding with BIC!

(Edited with contributions from Marv Scher, Nick Maddix, and Steve Rudin).

For chart below:

* Available data from 2006, please consider that construction and development these past three years such as new subdivisions and the Riverside Casino, may have increased traffic.

NS - No shoulder WS - Wide shoulder

Max AADT*	Road Segments	Factors
< 1,000	F62 from Sand Road to West Liberty Lone Tree to Conesville on X-14 Conesville - Nichols via X-14, G26, and IA-70 IA-22 west of Wellman Sioux Ave (River Road), X-14 south of Lone Tree F26 through Hills except for Sand Rd to US 218, 1,600 Penn St to Oxford from Herky St, past the cemetery Oxford - Tiffin via 340th St Rohret Road, Black Diamond, Yoder Tpk, Sharon Center Angle Rd F67 from IA-1 through Stringtown and Bayertown Solon, Sutliff, Lisbon, Mt. Vernon, Springville Most of West Branch-Cedar Bluff loop Morse Rd from IA-1 to X40	
1,000 - 2,000	W38 to Wellman Melrose to Cosgrove Rd	
2,000 - 3,000	Mehaffey Bridge Road north of Sugar Bottom Sand Road IA-22 east of Sand Road Old US 218 IC to Hills	WS WS
3,000 - 4,000	Mehaffey Bridge Road south of Sugar Bottom IA-965 north of Penn Street IA-382 from Solon and Ely Rd to Cedar Rapids	NS, narrow, hilly, turns
4,000 - 5,000	IA-22 from the Casino to Riverside, about 3 miles	
6,400	Rochester Ave - Hoover Highway Traffic declines slowly after I-80 jct, to 2,500 near West Branch	Part WS Narrow, curves, hills, NS

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!

SEPTEMBER 2009

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Courage Ride is Saturday
September 26!

BIC Members — Please
ride or volunteer for this
great ride in the Amish
countryside!



WWW.BICYCLISTSOFIOWACITY.ORG