



NOVEMBER/DECEMBER 2009

# THE BICYCLE POST

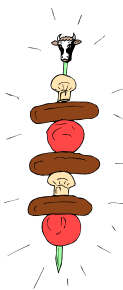
BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## IT'S HOLIDAY PARTY TIME ON DEC. 4

Mark your calendar – right now – for BIC's annual Holiday Party on **Friday, December 4**. Like the last couple of years, we're at the lovely North Ridge Pavilion, 2250 Holiday Road in Coralville. We will gather at 6:30 p.m., with dinner starting at 7:00.

This year, we will also hold a **Silent Auction** to further support the Holden Cancer Center, following up on this year's effort from the **Courage Ride**.

We have found that this facility is a great place to catch up with friends, since we have the whole place to ourselves. Cost for the meal is \$15 and **reservations must be paid in advance – no later than November 20**. Send your check (payable to BIC) to: Donna Hamm, 2480 Belmont Dr., Coralville, IA 52241. If you'd like, **you can also drop off your reservation check at BIC's October 21 Member Meeting**.



This year, we're going with a dinner built on heavy hors d'oeuvres, such as meatball kebobs, tea sandwiches, spring rolls, satay, spanikopita, cheese platters and vegetable platters. This will allow us to walk around while we eat and mingle with friends, plus a chance to sample a variety of different foods.

Like last year, though, the event allows you to **bring your own alcoholic beverages**. Don't forget that corkscrew and the wine glasses! (Maybe it's a good time for an impromptu wine tasting party or mini-brewfest?) Parking for the event is available in the lot next to the Pavilion and in the parking lot on the east side of the pond (just walk across the bridge). There are also a dozen or so spaces on Parkway Drive, which runs perpendicular to Holiday Road just north of the Pavilion.

*[The city requires that we pay a cleaning deposit and do our own after-party cleanup. If you're able to, please stick around for a few minutes afterward to help tidy things up.]*

## 2UESDAY MORNING RIDES ARE A HIT!

I would like to take this opportunity to THANK those of you who volunteered to be ride leaders for the 2uesday Rides and most of all, thanks to MARK HEFFRON for being the 2uesday Ride coordinator. I certainly enjoyed the routes, the rides, and most of all spending quality time with you great people. Deep down in my heart, I feel the way these rides were conducted is the way all BIC rides should be done. I really enjoyed receiving a brief description of each ride prior to the ride date by e-mail. I'm so looking forward to next year, maybe I can be of some help.

Thanks again,

The Prez

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### Need a Christmas Gift Idea?

BIC's 4th order of jerseys and shorts are here and the most popular sizes have been replenished. We have men's and women's shorts and jerseys and the women's shimmels. Cost for either the jersey or shorts is \$55, while the shimmer sells for \$42. These items will be for sale at our Holiday party on Dec. 4 (cash and check only).



## BIC BOARD MEETING MINUTES

September 15, 2009

Submitted by Rick Walton

Present: Rudin, T Stewart, J Stewart, McGinnis, Doak, Copper, Goff, Walton, Berkowitz

President Rudin: Regarding the Courage ride, there is concern that BIC is not acknowledged often by the organizers which are part of the Holden Cancer Center. Publicity has consistently not included BIC. Discussion about the possibility of BIC taking sole control of the ride. Disadvantages are a probable decrease in ridership and that there are a lack of volunteers from BIC to organize and run such an event.

The BIC picnic is being finalized. Still need prizes donated for the drawing. This is resolved.

The Prez acknowledgement party is October 16 at the Sutliff Cider Co. near Lisbon. Mark Stinski is helping to coordinate and sponsor this event.

Sunday ridership is sparse. No decision of how to improve this.

Vice President Berkowitz: Discussed plans for Holiday party and sharing responsibility amongst BIC members for such events. We have to ask members to do this. Discussed options for catering.

RAGBRAI Parrott (absent): Will give a report at a later meeting.

## RAGBRAI XXXVIII NEWS

Ragbrai XXXVIII? It's almost time to register! Registration starts on **November 15th** at [www.ragbrai.org](http://www.ragbrai.org). The fees will probably be the same as last year - \$140 for the Register and \$135 for BIC. Sign up 'with a group' and choose BIC, fill out the registration form, then print and sign the waiver. Send the signed waiver and payment to me, not the Register.



New for this year - a solar cell phone charger, being designed by some smarty pants engineering students at the U of I! I'm looking forward to being the coordinator again, so feel free to email your questions and comments to me at [keparrott@mchsi.com](mailto:keparrott@mchsi.com).

Happy autumn trails! ~Karen

## GRAVEL RIDE IN NOVEMBER



Please join Brad Cronk and Lynn Rose for a gravel ride on **Sunday, November 15, 2009**. This ride will loop the Hawkeye Wildlife Refuge in northern Johnson County and include a stop in Amana for food and a break. **Ride start is 10:00 a.m.** We hope to see you there!

Meet and park at the small parking lot located near the intersection of Swan Lake Road and James Avenue. We will ride Swan Lake Road to the west along the south edge of the wildlife refuge. We will continue west until we reach Amana. We will return from Amana along the Amana road, skirting the north edge of the wildlife refuge. We cross the Green Castle bridge near the end of the route and head back to the parking lot along Swan Lake Road.

Bring mountain bikes, cross bikes or any other bike with wide tires. Dress for the weather. Road bikes are not recommended. There is a strong possibility of water crossings. The ride will not go if the temperature is at freezing or below (32 degrees Fahrenheit) or if there is significant precipitation falling from the sky.

## THANK YOU WEDNESDAY NIGHT RIDE LEADERS

The Wednesday night riding season was popular and successful again this year. Approximately 350 riders participated over the course of the season in these organized rides. If you had the opportunity to participate in a Wednesday night ride, be sure to thank your ride leader. There were eleven BIC members that led rides this year. Thank you to those club members that have volunteered to lead these rides throughout the season. I look forward to another good season next year with many riders and a variety of volunteer ride leaders.

Lynn Rose

**GO GREEN !**

**GO GREEN !**

**GO GREEN !**

**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 (a printed newsletter is not mailed to your home). If you would like this, please send your name and email address to Dan Berkowitz:

[profdanb@gmail.com](mailto:profdanb@gmail.com)





# Bicyclists of Iowa City Ride Schedule

## Off Season 2009—2010



**All rides are Show 'n Go Rides. 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 from the BIC website at [www.bicyclistsoflowacity.org](http://www.bicyclistsoflowacity.org). Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures.**

Napoleon Park, Iowa City	West High, Iowa City	Herky St., North Liberty	N. Dodge Hy-Vee, I.C.
Sat. Nov. 7	Sun. Nov. 8	Sat. Nov. 14	Sun. Nov. 15
Sat. Nov. 21	Sun. Nov. 22	Sat. Nov. 28	Sun. Nov. 29
Sat. Dec. 5	Sun. Dec. 6	Sat. Dec. 12	Sun. Dec. 13
Sat. Dec. 19	Sun. Dec. 20	Sat. Jan. 2	Sun. Jan. 3
Sat. Jan. 9	Sun. Jan. 10	Sat. Jan. 16	Sun. Jan. 17
Sat. Jan. 23	Sun. Jan. 24	Sat. Jan. 30	Sun. Jan. 31
Sat. Feb. 6	Sun. Feb. 7	Sat. Feb. 13	Sun. Feb. 14
Sat. Feb. 20	Sun. Feb. 21	Sat. Feb. 27	Sun. Feb. 28
Sat. Mar. 6	Sun. Mar. 7	Sat. Mar. 13	Sun. Mar. 14
Sat. Mar. 20	Sun. Mar. 21	Sat. Mar. 27	Sun. Mar. 28



Special Event Ride	
Saturday, Jan. 23, 2010	Hot Chocolate Ride



<b>SPECIAL RIDES</b>	<b>SEASON FINALE</b>		<b>Halloween "Spooks on the Trail" Ride</b>	
	<b>Sunday, November 1</b>		<b>Saturday, October 31</b>	
	 <p><b>START TIME:</b> Noon  <b>MILEAGE:</b> 30, 15 <b>CLASS:</b> B, C  <b>MEET AT:</b> North Liberty CC or Solon High School <b>DESTINATION:</b> Sutliff</p>		 <p><b>START TIME:</b> 10:00 A.M.  <b>MILEAGE:</b> 15 <b>CLASS:</b> C  <b>MEET AT:</b> City Park, Iowa City  <b>DESTINATION:</b> Coral Ridge Mall</p>	
<p>Thanks to everyone for a great season! We'll ride to Baxa's Sutliff Store &amp; Tavern to celebrate. The BIC season starts back up again next year on April 3<sup>rd</sup>, so until then, Happy Holidays and best rides!</p>		<p>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.</p>		

## LIGHTS AT NIGHT

### Visibility

- By law, you must have a front white light and red rear reflector (red flashing blinkie preferred) in most states.
- Motorists are familiar with white meaning front and red meaning rear.
- Front lights can illuminate your path or simply make you visible at night.

### Wattage

- Inexpensive lights seldom light your path; at about 3 watts, they make you visible (cost = \$15-30)
- Better lighting systems are available that put out 45 watts with a halogen bulb or LED bulbs (cost approx. \$100-400)
- Most full-time commuters use at least a 10 watt system with rechargeable battery

### Power Sources

- From AA batteries to nickel-metal-hydrate or lithium-ion rechargeables, the options are endless.
- Self-contained, rechargeable batteries have the best life and brightest light.
- Simple AA powered lights have lower initial cost but frequent battery replacement.

### Helmet vs. Bar Mount

- Helmet mounted lights allow you to get the attention of motorists by looking at them.
- Bar mounted lights make you look more like a vehicle but only point forward.
- The ideal situation is one helmet light and one bar-mounted light for safety.

### Rear Lights

- A red rear blinking light is much more conspicuous than a passive reflector.
- Make sure that your light is visible to motorists and not pointing up or down.
- Clear obstructions from the back of the bike that would block the light. (Once on a Wednesday night ride in the dark, my rear blinkie mounted on my seat post was not visible to a pick-up driver. He slowed down to tell me as he passed, because my rear trunk bag was blocking it.)

Source: League of American Bicyclists  
[www.bikeleague.org/resources/better/advancedcycling.php](http://www.bikeleague.org/resources/better/advancedcycling.php)

## IOWA CITY: BICYCLE FRIENDLY COMMUNITY

Iowa City was recently awarded the BRONZE LEVEL in the League of American Bicyclists' Bicycle Friendly Community Campaign.

**Community Highlights:** Iowa City boasts over 275 miles of low volume residential and collector streets that are popular for beginner and experienced cyclists alike. The abundant street trees create a pleasant canopy that provides shade during the summer and incredible scenery in autumn. This combined with public bicycling education programs and programs like the bike library are working and it can be seen in the bicycle commute numbers that are six times the national average in a four-season community.

**Most Recent Significant Accomplishment:** The City worked diligently to develop and adopt the Metro Bicycle Master Plan. It also installed eight blocks of new bike lanes and 20 blocks of new shared lane arrows.

**Current Activities to Promote Bicycling:** The City offers discounted helmets to residents at Recreation Centers, enforces their bike parking ordinance requiring bike racks at new commercial and multi-family developments, installs bike racks at new public buildings, and offers covered bike parking.

Source: League of American Bicyclists

Go for the GOLD Iowa City!!



## 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](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!

**NOVEMBER/DECEMBER 2009**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### President

Steve Rudin 626-6369  
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### Vice-Presidents

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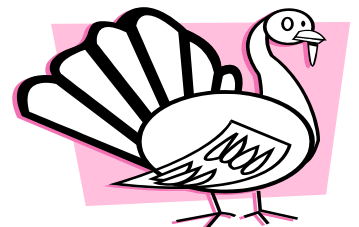
### Procurement

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### Amish Harvest Tour to Cure Cancer Ride Coordinator

Mary Copper 430-7169  
mary-copper@uiowa.edu

*Happy Thanksgiving!*



*Happy Holidays!*



WWW.BICYCLISTSOFIOWACITY.ORG