



SEPTEMBER 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

3RD ANNUAL BIC PICNIC



This year's potluck picnic will take place at the Sutliff Cider Company, 328 Sutliff Road near Lisbon on Sunday, September 26 beginning at 12:00 NOON. Please bring your entire family along with food to share. Table service (plates, napkins, utensils) will be provided. We hope to have music for your enjoyment. All beverages will be purchased

from this establishment. I'm looking forward to hearing about your riding adventures.

If you have any questions, please feel free to contact me at (319) 626-6369 or chaserudy@southslope.net. I hope to see you ALL there.

Tailwinds, Steve Rudin



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TUESDAY MORNING RIDES

Tuesday morning 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 September is Scott Park.

Mark Heffron

Heffron_M@Yahoo.com

THURSDAY EVENING LEISURE RIDES

Leisure rides are finished for the year. Attendance has been light, but the riders who attended have benefited by learning new trail options in Coralville and Iowa City. See you next year!

Barb Goff, 351-8609

bentriider@mchsi.com

E-NEWSLETTERS & CLUBEXPRESS

ClubExpress is an online club management site that simplifies many aspects of BIC club management. In the past, tracking BIC membership (expirations, new members, renewals, email addresses, membership cards and letters) was very time-consuming and burdensome.

Most BIC members are now receiving the BIC Post via an emailed link of the newsletter on the BIC website. The benefits to the club of e-newsletters and ClubExpress are:

- Reduction of cost, time, and waste. Many clubs and organizations are moving to e-newsletters as a "green" solution and to save money. BIC printed newsletters cost \$180 per month to print and another \$160 for postage stamps. Add to that significant time for the editor or board members to get them ready for mailing.

- Better communication to members with email reminders of upcoming events or meetings.
- Automated membership renewal notices and easy, fast, online renewal.
- Less effort to encourage people to volunteer (who wants to phone 200 members, only to get no answer or leave a message, hoping they will call you back?)
- Membership database can be updated easily and reports generated (i.e. "who wants to help corner marshal for the Old Capitol Criterium this year?")

However, if you would still like to receive a printed newsletter, just email our Membership Director, Jan Stewart at janbike56@gmail.com and she will print a mailing label each month.

October BIC Post deadline for submission to skdoak@yahoo.com is September 15, 2010.

BIKING MACKINAC ISLAND, MICHIGAN

by Sharon Doak

Mackinac Island is Michigan's #1 tourist destination. When visiting with a local, he said Mackinaw City was a tourist trap, and the island was an even bigger tourist trap. While I would have to agree with him about Mackinaw City and Main Street on Mackinac Island, I found much picturesque scenic beauty on the island.

Mackinac Island is known for its lack of motorized transportation. In fact, the Lake Shore Boulevard (M-185) is the only state highway where cars are banned! I biked the 8.5 mile long road that hugs the perimeter of the island and was rewarded with great views of Lake Huron and the Mackinaw bridge, a bridge celebrating 50 years of service this year and the second longest suspension bridge in the world at 5.2 miles. Horses, carriages, and bikes reign supreme on the island, however, the island perimeter road is crowded with inexperienced cyclists-both adults and kids. Don't expect to go fast, (besides you will miss the fantastic views) and be prepared for riders who wobble, weave and don't ride to the right.

Fort Mackinac is an interesting historical stop. The fort served as a military outpost for British and, later, American soldiers from 1780 to 1895. In the early years Fort Mackinac was a crucial Great Lakes border post and its soldiers helped protect the lucrative fur trade and maintain alliances with neighboring Indian tribes.

I stayed away from the crowded Main Street and explored the island's interior bike trails and roads. These were deserted, except for an occasional horse-driven taxi. The views from high on the island were gorgeous.



Mackinac Island is only accessible by plane or ferries. The ride on Shepler's ferry was only about 20 minutes. Rather than the direct route, I took the Mighty Mak ferry that gave you close-up views of the bridge. If you want to see the island extensively, bring your own bike. The ferry ride cost \$24 per person and \$8 per bike. While there are many bike rental shops on the island, you will pay \$45+ for using a heavy, clunky bike for a few hours.

The Grand Hotel is the island's principal landmark. Bikes are not allowed in front of the hotel and an admission charge of \$10 allows you to visit the inside of the hotel and gardens.

The island's number one industry? Fudge. 10,000 pounds of the creamy confection are sold every day. But after biking 25 miles on Mackinac Island, I settled for an ice cream cone!



Arch Rock rises 146 feet above the water. The perimeter island road is below.



Main Street, Mackinac Island is crowded with bikes, horses, carriages, and pedestrians.



September 2010 Ride Schedule

Ride Classification System (Flatter = Faster)		
Class A	Advanced, 45 to 100 miles	15-20+ mph
Class B	Intermediate, 25 to 65 mi.	12-17 mph
Class C	Casual, 15 to 40 miles	10-15 mph

All riders must wear helmets to be considered part of the BIC ride.

Check <http://www.bicyclistsofiowacity.org/Rides.html> for ride cancellations or alterations at least 12 hours before ride start time, or contact Todd Erickson at 270-4969, e-mail: t Erickson@yahoo.com. Rides yet without a volunteer ride leader show the ride leader as "TBD". To volunteer as the ride leader please contact Todd Erickson. Printable maps will be posted to <http://www.bicyclistsofiowacity.org/Routes-Maps.html> when available.

DATE & CLASS	TIME	MEET AT	MILES	RIDE LEADER	DESTINATION(S)
SAT Sept 04 Class C	9:00 AM	Herky Street, North Liberty	38	TBD	Oxford, Cosgrove, Tiffin
<p>Description: Tiffin - Cosgrove - Oxford Loop. Not too long a ride but plenty of ups and downs. Route goes through Tiffin and Cosgrove to Windham (Black Diamond Rd). From Windham take Black Hawk Rd to Oxford. From Oxford return on F28. Pit stop options in Tiffin and Oxford.</p> <p>Map: http://www.bicyclistsofiowacity.org/Maps/NLiberty-Oxford-Windham-Cosgrove-Tiffin-Loop-38-mi.pdf</p>					
SUN Sept 05 Class A	9:00 AM	Hills Elementary, Hills	70	TBD	Riverside, Washington, West Chester, Wellman
<p>Description: Route heads south out of Hills on Sand Rd then through Riverside to Washington. From Washington head west then north through West Chester to Wellman. Return to Hills through Frytown. An old map is listed here but a new map will be posted. Oak Crest Hill is closed as of mid August so will take Sand Rd instead. Route will also go into Washington before West Chester. If skip Washington the route is about 64 miles.</p> <p>Map: http://www.bicyclistsofiowacity.org/Maps/Hills-Wellman-WChester-Loop-61-mi.pdf</p>					
SAT Sept 11 Class B	9:00 AM	North Liberty Commu- nity Center, North Liberty	42	TBD	Swisher, Amana
<p>Description: Swisher – Amana Loop. Route takes 965 then Cou Falls Rd to Swisher. Then west on F12 to Hwy 151 then south to Amana. Return from Amana on 151, old Hwy 6 and F12 (Penn St). Recommend a stop at the Kava House in Swisher for coffee and a pastry. Numerous dining or pit stop options in Amana. The initial 5 miles on 965 can be relatively busy. Hwy 151 into and out of Amana can be busy as well but has a wide shoulder.</p> <p>Online Map: Link updated to online map when available</p>					
SUN Sept 12 Class B	9:00 AM	Weber Elementary, Iowa City	46	Rick Walton 354-8090	Windham, Oxford, Tiffin
<p>Description: Windham – Oxford – Tiffin Loop. Route heads out on Black Diamond Rd through Windham to Black Hawk Ave then heads north through Oxford to F12. South on James Ave to complete the loop through Tiffin and continue south to IWV Rd. Take IWV back into Iowa City and connect with Rohret Rd via trails near West High. Pit stop options available in Oxford and Tiffin.</p> <p>Online Map: Link updated to online map when available</p>					

September 2010 Ride Schedule continued

SAT Sept 18 Class C / A	9:00 AM	North Dodge St. Hy Vee, Iowa City	31 / 53	TBD	Morse, Tipton, West Branch
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Description: Route heads out Prairie Du Chien and Newport Rd to Morse then south to West Branch. Longer Class A option after Morse to continue on to Tipton then Springdale before coming into West Branch. From West Branch both options return to Iowa City on Herbert Hoover Hwy then along Scott Blvd. Pit stop options in West Branch and Tipton.

Online Map: Link updated to online map when available

SUN Sept 19 Class B	9:00 AM	Napoleon Park, Iowa City	57	TBD	West Liberty, Lone Tree
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Description: West Liberty – Lone Tree loop. Route takes Sand Rd south then heads east to West Liberty. From West Liberty head south through Nichols and continue towards Conesville. Before Conesville head west and north to Lone Tree. Then return north on Wapsi Ave to Napoleon Park. Pit stop options in West Liberty and Lone Tree. For the first 3 miles on Hwy 70 south out of West Liberty average traffic can be relatively high.

Printable Map: <http://www.bicyclistsofiowacity.org/Maps/ICity-WLiberty-Nichols-LoneTree-57mi.pdf>

SAT Sept 25 Class C	9:00 AM	Napoleon Park, Iowa City	44 / 34	TBD	Hills, Frytown, Sharon Center
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Description: Route heads south to Hills then west for an Amish country loop through Frytown and Sharon Center. Shorter option if loop just through Sharon Center. There may be construction / road closure on 540th St at the Cheese Factory. The “loop” part of the route will start on Bayertown Road so it is convenient to turn back if needed and just make a short loop through Sharon Center.

Online Map: Link updated to online map when available

SUN Sept 26 Class B	3:00 PM	Sutliff Cider Company, Lisbon	35	Todd Erickson 270-4969	Lisbon, Mt. Vernon, Marion
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Description: After the noon BIC Fall Picnic at Sutliff Cider shake off your legs with a ride to the Squaw Creek Park area of Marion. Route heads north out of Mt Vernon then takes Secrist Rd to Squaw Creek Park (there is a 2 mile section on the Marion Bypass / Hwy 100: a divided 4 lane road with wide shoulders). East of the park take some winding roads south to Mt Vernon Rd. Return on Mt Vernon Rd through Mt Vernon back to Sutliff Cider

Online Map: Link updated to online map when available



WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
September 1 5:30 PM Hills – West Amish Country Loop	28 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 scenic country roads. Our ride will go through Sharon Center, Frytown and loop back. We will dine in Hills afterwards. For questions call Joe Smith at 627-2274.
September 8 5:30 PM 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.
September 15 5:30 PM Solon Loop	26 miles	Meet at the parking lot for 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 22 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 Steve Rudin at 626-6369.
September 29 5:30 PM Hills – East Lone Tree Loop	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 Lynn Rose at 341-7886.

Ride the Challenge

Miracles Can Happen Boys Ranch

Here we are again after 5 years, preparing for "Challenge 2010". Hopefully this will be even bigger than last year. Last year we had over 77 riders. Plus several additional registrants that were unable to ride. Plus we had some great weather to enjoy. We had riders from Iowa City, Cedar Rapids, Davenport and Muscatine. Several from Illinois and several came down from Wisconsin to ride with family. The main point is, all that return or ride it for the first time get to meet the boys from the ranch and talk to Jim and Cathy Fry about the ranch and what it has done for these young men.

Miracles Can Happen Boys Ranch is a Christian Home atmosphere that is designed to help troubled boys that are suffering personal problems in their lives. It is through several fund raisers that they generate monies to handle the costs associated with taking care of these young men. The ranch does not receive any government money and very little United Way money. Last year we raised over \$3000 towards their care. Hopefully we can raise twice that much this year—to let everyone know how great bikers are. Last year, after riding and enjoying some time with everyone, we had a couple return home with heavy hearts. After some thought, they sent the ranch a check for \$5000. It is knowing that there are people in our mist like this couple make me proud to be a cyclist. **Way To Go Bikers!**

As always, the boys are at the registration, the breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies. Most riders find that the boys enjoy meeting everyone. I have found that most

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times they just want someone to care about them and listen.

This year we will again be starting off with the great pancakes and sausage and what ever else Jim and Cathy can find to fix. All prepared for the cost of a "Love donation". There will also be Root Beer Floats available at the end of the ride.

There are four routes of 25, 55, 75, 100 miles plus the flexibility to add or subtract miles as you may choose. With the four routes we will have 4 sag stops available where the boys will be working with volunteers to give riders a chance to meet them.

If you have never done a charity ride, make this your first. If you have done one, try it out. We are riding rolling hills towards the Wapsi River Valley and back. The traffic is usually light and most surfaces are great for riding. Lets hope that Mother Nature helps with great weather.

Registration can be done by downloading a form from the ranch website: www.mchboys.com or online registration through the ranch website. Registration is \$20 for early registration before 9/11/2010, or \$25 after 9/11/2010 till day of the ride. Also this year we will have T-shirts available for all early registrations.

Registrations and all donations are tax deductible.

For further details contact:

Dick Grimm
rlgrimm@netexpress.net
563-445-7797

Miracles Can Happen Boys Ranch
1614 300th Street
Wilton, IA 52778
www.mchboys.com

MOVING BY BIKE

By Larry Fitzpatrick and Anne Duggan



This was a move made for a bicycle. How much stuff could a single man have? Larry had no living room furniture (the "bike shop" had to go somewhere) and didn't have a huge number of books. Clearly, this was a move made in heaven.

Add to that the Iowa City Bike Library's eight-foot rental trailer (<http://www.bikelibrary.org>) and your humble correspondent's Yuba Mundo cargo bike aka "Bluebelle" (www.yubaride.com).

It began with a trip to Goodwill. Even with clothing, exercise equipment and small refrigerator, the trailer took the load with ease. But, who knew that Hollywood Blvd. has a climb that would challenge even your favorite granny? To paraphrase our favorite Tour de France commentator Phil Liggett, "He's crazy. He's always been crazy. And what on EARTH is he doing?"



Anne suggested we start at the rear of the apartment, "If you empty whole rooms as you go you'll feel better." The walk-in closet was quick work;

clothing is bulky, but packs easily. The bedroom itself was more of a challenge, with a queen size bed, two tall bookcases and a large computer desk (and attached hutch). All of this had entered the apartment from the driveway onto the second-story deck and through the sliding glass door.

Moving it out the way it came was easy; park the

bike trailer below, lower the items down, strap 'er down, and ride off. The mattress and box springs were easy and happily leaned against each other on the trailer. Their top-heaviness presented a bit of an issue. Pause for some words to the wise: take corners slowly. (Luckily, it was easy to right the trailer when it went over.) Bookcases weren't bad. They stayed put. The computer desk was heavy and awkward, and lowering it without smashing the trailer or one of us was key.

As with all moves the number of boxes seemed endless! And, the loads kept getting odder looking, drawing more and more interest as Larry hauled it across the Hy Vee parking lot.

Anne said, "This looks like the Beverly Hillbillies's, except we forgot Granny." Larry offered to let her ride Granny style, but was grateful when



she turned him down, pointing out that someone had to haul the microwave cart on "Belle." Moving by bicycle makes a day on RAGBRAI seem like a leisurely ride to the ped mall. We were both starting to feel like we had been run over by a moving truck instead of riding one.

Finally, we got to the last load! That was when the bike reminded us who was in charge by getting a flat in the Hy Vee parking lot. Other than that, the bike move went well. And, friends ask, "Why?" Larry's only reply, "Because I can, and I get to eat more."



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 <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. Application form is inside or renew online by going to www.bicyclistsofiowacity.org.

SEPTEMBER 2010

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BIC Board elections and general meeting takes place on **Wednesday, October 20th**. See the October newsletter for details. If interested in being a BIC officer, contact President Nate Van der Weide.



WWW.BICYCLISTSOFIOWACITY.ORG