



APRIL 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

RAGBRAI DIRECTOR SPEAKS APRIL 29

What's your happiest memory when RAGBRAI comes to mind? Long sweaty days in the saddle? Probably not. Pitching the tent for yet another lumpy night's sleep? Not that either!

One more try...how about PIE! Yeah...pie, pie and more pie.

Pie is just what you'll be eating – provided by BIC – when you attend BIC's general meeting on **Thursday, April 29**, featuring RAGBRAI's director, T.J. Juskiewicz. This is an especially helpful meeting for newcomers to RAGBRAI, but



also helps the old timers catch what might be new this year.

The meeting takes place at the **Coralville Public Library** in the lower level Meeting Room A starting at 7:00 p.m.

This is your chance to look for storms at Storm Lake, assess the clarity of Clear Lake, and learn who-the-chuck is Charles City's mascot. First timers will pick up some great ideas from our own RAGBRAI veterans. And you can begin your pie-eating training regimen, too.

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New BIC website is now LIVE!

BIC hired a professional web designer to create the new BIC website and it is now up and running!! Go to www.BicyclistsofIowaCity.org.

Check out the Google calendar, ride information, cycling resources or how to join BIC! If you have any suggestions for the new web site, go to the Contact Us tab and send us an email!

May BIC Post deadline for submission to skdoak@yahoo.com is April 7, 2010.



Devotay 3-D Ride
Another **Extra, Extra, Extra** Special Ride
Make Your Reservation NOW!

Date: **Sunday, April 18**
Time: **9:30 AM Sharp**
Ride Start: 117 North Linn St. (Devotay Restaurant)
Ride Leader: Steve Rudin



Please plan on joining us for a very special 3-D (Delightful, Delicious, and Devotay) event. We will start with a ride offering us biking enjoyment and conclude with a wonderful buffet that will appeal to anyone who enjoys fine dining. The ride will take us down Sand Road to Hills. We will stop at Casey's, if desired, then do the Sharon Center loop (approximately 35 miles). For those who wish to do more they can also do the Angle Road loop. We will then return to the Devotay Restaurant for a wonder buffet starting at 1:00 PM. We will only be accepting reservations for the first 35 people to RSVP. Our wonderful hosts, Kim and Kurt Friese, will treat us to a specially priced buffet for only \$8.00. This is a real deal!!! **Please RSVP by April 11** if you are planning on participating or have any questions. I can be reached 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 a very special day of fun and great food.

BIC BOARD MEETING MINUTES

February 16, 2010

Submitted by Rick Walton

Present: Parrott, Oppliger, Maddix, Goff, Hamm, Walton, Van der Weide, Copper, T. Stewart, J. Stewart, Walton

President Van der Weide: JCCOG long-range plans are developing, which includes proposals for trail systems throughout Johnson County. The director, Kent Ralston, requests a meeting with the BIC membership, in order to solicit our input. The officers support this. Likely to be at our March meeting, in conjunction with a presentation.

Discussed volunteerism in the BIC organization. Most volunteering has been by members of the Board. There should be activity by other BIC members. Different means of encouraging volunteering was discussed. No specific strategies were identified.

Secretary Walton: Minutes of the January meeting were approved.

Vice-President Hamm: A RAGBRAI organizational meeting is being planned for April 29. Discussed was the format for the Bike Expo on February 24 at the ICPL.

Treasurer T Stewart: The financial status is similar to the recent past. T Stewart compiled a list of contributions by BIC to various agencies and activities over the past 5 years. Our contributions have varied, according to the year and the need. Contributions have largely been for bicycling-related charities and projects. An overall assessment is needed in order to not allow outflow to exceed income. T Stewart will provide this.

Membership J Stewart: Numbers are stable.

RAGBRAI Parrott: Enrollment is full at 160, with a waiting list. Trucks are reserved; the crew recruitment is almost complete. The solar-powered cell phone charger is under construction. Some small amounts of additional funds are likely to be needed. The officer's approved the extra expenditure, if needed. The device will be ready by RAGBRAI.

Safety and Education Oppliger: Gave an update on the Bike Rodeo. BIC members will be recruited to assist with this activity at different schools. Much organization still is required. Donations are needed and are being solicited. The officers support our involvement, but more information is needed.

New Business Van der Weide: A Special Events Coordinator position has been created. This will be a non-elected position and a voting member of the Board. The first appointee is Steve Rudin.

22nd Great Ohio Bicycle Adventure



Not your grandmother's quilt trip.
June 19-26, 2010

GOBA 2010

The 22nd Great Ohio Bicycle Adventure (GOBA) ride is **June 19-26, 2010**. Visit this web site at <http://www.goba.com>.

If you have questions, please feel free to contact Steve Rudin (319) 626-6369

chaserudy@southslope.net

NEW BIC MEMBERS

(June 2009—February 2010)

Arch Bryant, Chicago
 Aaron & Julie Gesell, North Liberty
 Lucas Boddicker, North Liberty
 Michael Feagler, Iowa City
 George Giudice, Iowa City
 Lucille Mehring, Iowa City
 Alberto Rivaszulaica, West Liberty
 Sandra Stevenson, Iowa City
 Maher Josephson, Iowa City
 C. Ed Allen, Iowa City
 Kevin Hasler, Iowa City
 Thor Halfdanarson & family, Iowa City
 Greg Schmidt & family, Iowa City
 James & Musuko Gorgone, Iowa City
 Robert & Elizabeth Cook, Iowa City
 Rita Gates & Bill Perlman, North Liberty
 Eyrlo Thordardottir, Iowa City
 Jeanine Mortale, Iowa City
 Dave Statz, Baraboo, WI
 Cassie Carter, North Liberty
 Jerry Meis, Iowa City
 James Hayden, Iowa City
 Shawn Morgan, Iowa City
 Marshall Parsons & Terry O'Donnell Parsons & family, Iowa City
 Don Farley, North Liberty
 Warren MacGregor, Coralville
 Lynn Nelson, Coralville
 Becky & Tim Svatos, Iowa City
 Patrick Clemence, Iowa City
 Casey Powers, Iowa City



Wanted: Volunteer, amateur bike mechanics (this Spring)!

There is need for 10-12 people who can serve as volunteer 'mechanics' at up-coming **Bike Rodeo events** (to help elementary kids ensure they have safe bikes and know how to ride them).

The mechanics will have two responsibilities:

1. provide guidance to support help who will be inflating tires and adjusting seats
2. identify bikes with more serious mechanical

problems that should be repaired at a bike shop. Volunteers will receive added training from bike shop mechanics. The bike rodeos will be hosted after school or on the weekend and last less than 2 hours. For more information or to volunteer contact Bob Oppliger (boboppliger@msn.com) or 338-4011. Here's your chance to get involved at a grass-roots level! Go get 'em BIC members!



April 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 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: tixerickson@yahoo.com

<u>DATE/CLASS</u>	<u>TIME</u>	<u>MEET AT</u>	<u>MILES</u>	<u>RIDE LEADER</u>	<u>DESTINATION(S)</u>
SAT April 3 Class C	10:00 AM	Napoleon Park, Iowa City	14	Nick Maddix, 594-2857	Hills
Description: It's been a long winter! Start off the season with a <u>flat and easy</u> ride to Hills on Sand Rd. We will re- turn on the newly resurfaced Oak Crest Hill Road and check out the new bridge on McCollister Blvd.					
SUN April 4 Class B	2:00 PM	Iowa River Power Company, Coralville	20	Todd Erickson, 270-4969	Coralville Dam, North Liberty
Description: A short hilly (casual pace) loop starting with the trail to Linder Rd. then over the dam to North Liberty. Return via the trail to Oakdale then 12 th Ave to the Power Co. There may be "Easter Egg" surprises along the way. If Charlie's is open, we'll regroup there after the ride. Park in the north end of the lot or in River View Square.					
SAT April 10 Class C	10:00 AM	Herky Street, North Liberty	25	Rick Walton, 354-8090	Oxford, Tiffin
Description: This route takes F28 past Greencastle Airport to Oxford. From Oxford return via 340 th Street to Tiffin then back to Herky Street. Stops available in Oxford and Tiffin. Parking is at the far south end of Herky Street					
SUN April 11 Class B	10:00 AM	Hills Elementary, Hills	27	Joe Smith, 627-2274	Lone Tree
Description: This ride will take Sand Road south then loop to Lone Tree via Sioux Ave. Return to Hills taking Devoe Street / X14 north then 540 th / F62 back into Hills. Pit stop available in Lone Tree at the BP station.					
SAT April 17 Class C	9:00 AM	Bobbers Grill, North Liberty	20-25	Steve Rudin, 626-6369	Bobbers Grill
Description: Breakfast Ride. Today's route will be at the Ride Leader's discretion. Plan on having breakfast at Bob- bers after the ride. Bobbers Grill is located at 1850 Scales Bend Road, North Liberty					
SUN April 18 Class C	9:30 AM	Devotay, Iowa City	38	Steve Rudin, 626-6369	Hills, Sharon Center
Description: This is the scheduled Spring Devotay ride event. Please see the newsletter article for all the details. Sand Rd to Hills then Sharon Center Loop then return to Devotay. Devotay is located at 117 N. Linn St. in Iowa City.					
SAT April 24 Class C	10:00 AM	Irving Weber Elemen- tary, Iowa City	24	Mary Copper, 430-7169	Sharon Center, Windham
Description: Head to Sharon Center to catch a glimpse of the Iowa City Road Race as bikers make their turn east through Sharon Center on the "Sharon Center loop". It's then on to Frytown followed by a stop at the Black Dia- mond Road House in Windham for refreshments on the way back.					
SUN April 25 NO RIDE	Varies	Downtown Iowa City		N/A	NO RIDE

Description: There will be no scheduled ride today. Please join us at the Old Capitol Criterium as we watch some
exciting racing. Various races throughout the day approx 9:00 AM – 5 PM. Stay tuned for opportunities to volunteer
for a stint as a corner marshal.

BIKE THE DRIVE IN CHICAGO

Head to Chicago Memorial Day Weekend for the best car-free bike ride of the season. The Active Transportation Alliance's Bike the Drive on May 30, 2010 will provide hours of car-free biking on Chicago's famous Lake Shore Drive! Glimpse the striking skyline and glide along the sparkling lake with your friends and discover why nothing beats Chicago's summer. Stick around for the weekend and explore Chicagoland's extensive trail and bikeway network with your friends and family.

Bike the Drive registrants get a fabulous deal on a room at the Fairmont Hotel. You pay \$149 for a luxurious room right next to the event's start/finish in downtown Chicago. The Fairmont even valets bikes! Sign up and learn more about the event and biking opportunities at www.bikethedrive.org/visit.

TOUR DE CURE—JUNE 26

The American Diabetes Association's Tour de Cure will be held June 26 at College Community Schools (Prairie). The Corridor Classic Tour de Cure will have rides of 25, 50 and 100 miles. In addition to the registration fee, riders must raise \$150 in order to participate. Your efforts will make a difference to the more than 23.6 million Americans who suffer from diabetes and over 57 million people with pre-diabetes. Go to <http://tour.diabetes.org> to register!

SHOP LOCALLY!

Those of you who live in the Iowa City area may be aware of the Chamber's campaign to get people to shop locally. Businesses are supposed to commit efforts to shop with other local businesses instead of ordering products/services outside of the area.

BIC is charged with 'promoting cycling in the Johnson County area'. One of the ways we can do this is to encourage our members to keep their money local. This helps grow better bike shops AND communities.

Those of you who missed the Bike Expo at the library last week missed a great showing of our local bike shop's products and talents. The expo provided a forum to shop and learn all under one roof—kind of like speed dating with bike shops! We learned about some of the niches each bike shop has as well as new product information.

We are very fortunate to have so many choices for bike shops in our area. Keep this in mind when you go to the web to shop for your next bike, piece of clothing or bike part. Many times, these items can be found locally (or the shops can order something and save you the shipping and hassle). You also get the pleasure of working face-to-face with someone who cares—and don't forget about that 10% off bonus for being a BIC member!

RAGBRAI XXXVIII

Hello Ragbrai riders! Hope you have all gotten the bike dusted off by now and are starting your training plan for Ragbrai! We have a great group of over 150 riders this year for the ride. Officially we are full, but I do expect to have cancellations so if you know someone who is interested in joining us, have them email me at keparrott@mchsi.com. And of course please let me know as soon as possible if you have a change in plans and can no longer participate. Refunds are contingent upon re-selling your package, and this becomes less likely as the ride gets closer.

We'll be sending out a packet of information to everyone shortly with all the details for this year's ride, but in the meantime, please contact me via email for questions or concerns.

Happy trails, Karen

WEDNESDAY NIGHT RIDES BEGIN APRIL 7TH

Wednesday night riding season begins again this April and runs through September 29, 2010. Each Wednesday evening there will be a club ride using various routes in the area. All routes are between 23 and 27 miles unless you add a hammer head run. Thank you to those club members that have volunteered to lead these rides throughout the season.

The Solon – Sutliff route has a new starting point at the parking lot for the Solon High School.

Finally, Bike 2 Work Week presents us with a unique opportunity to ride in a large group from Iowa City to Coralville. Although this is not a traditional Wednesday Night ride, it is a unique opportunity to enjoy a ride at a different pace and with a different purpose.

I hope to see all of you out this season. Enjoy the ride! Look for the April Wednesday Night ride schedule on page 5.

Lynn Rose, Wednesday Night ride coordinator

TUESDAY MORNING RIDES

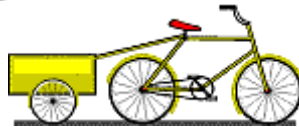
Tuesday rides will begin April 6 and continue through October 26. **All rides begin at 9:00 AM.** These are intermediate rides usually 30 – 45 miles in length at an average of about 12 mph. Several different people will serve as ride leaders. The starting points by month are: April & May – Napoleon Park; 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).

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
April 7 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 Lynn Rose at 341-7886.
April 14 5:30 PM Weber School Frytown Loop	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. Later we will chat and chew at a diner of your choice. For questions call Mark Stinski at 321-2358.
April 21 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 Joe Smith at 627-2274.
April 28 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.

Mississippi River Trail Ride

Up the River with only a Bike



DATES: July 10-11 (overnight stay)
MEETING TIME: 7:00 a.m.
MEETING PLACE: Our Redeemer Lutheran Church, Iowa City
 2301 E. Court St. (SE corner of 1st Ave and Court St)
RIDE LEADER: Joel Pickar
DISTANCE: 120 miles (round trip)
CAMPING COST: \$~10 for campsite, shower and swimming pool



We're riding the river trail again this year hoping for hotter and drier. It will be an adventure no matter what. The ride is a **SELF-CONTAINED, UNSUPPORTED, OVERNIGHT ride**. Riders carry their own gear by trailer, pannier or whatever clever means they devise. We'll initially meet in Iowa City and transfer gear to minimize the number of vehicles we take. We'll depart by 7:30 a.m. driving (about 1 hour) to Sunset Park in Rock Island, Illinois. After readying our bikes, we'll pedal upstream along the Illinois side of the Mississippi River to Savanna. Like last year, we'll ride the Mississippi River Trail (<http://www.bikelib.org/mrt/>), a paved trail weaving towards and away from the river and we'll try to add an alternative route for something new. If we have time we'll stop at the Albany mounds, the burial site for a native, ancient Indian civilization. We'll pass through the river towns of Moline, East Moline, Hampton, Rapids City, Port Byron, Cordova, Hampton, Albany, Fulton, and Thomson stopping for brunch and adult beverages as the urge hits us. About 60 miles later and hoping to arrive by mid to late afternoon, we'll camp at the 7 Eagles RV Park and Campground (<http://www.goseveneagles.com/>). Unlike last year, with weather permitting, we will be able to take advantage of the private pond stocked with fish, paddle boats, swimming pool, showers and restrooms. The Campground also has 2 log cabins and a lodge with private rooms for those who want solid walls. (You'll need to make your own reservations if you want one of these. Call the campground soon at 815-273-7301). The remainder of the day can be spent relaxing and exploring. Within 0.3 miles of the campground is a bar/restaurant with local flavor (<http://www.poopys.com/>). The river town of Savanna is a short 2-3 mile bike northwards from the campground. Following a refreshing sleep, we'll pack up and retrace. Handouts with maps and a summary of Savanna restaurants will be provided.

The trip will be limited to 16 cyclists. We'll have a waiting list should anyone cancel. Please RSVP if you haven't done so already to Joel Pickar (358-8202, jpickar@mchsi.com). Leave your phone number and email address.

FULL MOON RIDES START APRIL 29TH

Nick Maddix



The popular "Full Moon Rides" that were successful last year return for 2010. Once a month, riders depart from City Park in Iowa City for a predetermined route of up to 25 miles. Last year, we saw herds of deer, an owl or two, as well as some spectacular full moons. If you are looking for a quiet and relaxed paced way to spend your early night hours, then please consider joining us for these monthly rides. All riders are required to wear a helmet and to have bike lights in order to participate.

Please note that starting locations, times and dates are NOT set in stone, and it will be important that you check the BIC Facebook page or e-mail Nick at moonlightrose44@gmail.com for any potential last minute changes or cancellations, including rain dates. The first ride of the season will be **Thursday, April 29th at 7:30 PM from City Park.** See you then!

PRESS-CITIZEN REPORTER ON RAGBRAI WITH BIC

Brian Morelli, reporter for the Iowa City Press-Citizen, will once again accompany BIC on RAGBRAI. Both Brian, and his wife Sara, were part of the large BIC RAGBRAI group last year. Brian wrote a week's worth of stories and published many photos about Iowa City riders who participated in RAGBRAI last summer, *including many who were BIC members.* He also wrote a daily blog detailing the nuances of each day's adventure.

This is a win-win situation for both BIC and Brian. He states that riding with a large group gives him the opportunity to find local riders, rather than trying to pick them out of a crowd. He says that it is also helpful to have his wife Sara along for help with the logistics of setting up the tent and finding food, etc. while he works on his stories. It is a win for BIC as well to have a reporter traveling with the club. This provides us with a golden opportunity to promote biking as well as the benefits of belonging to a bike club. BIC is delighted to once again welcome our two Iowa City Press-Citizen guest riders Brian and Sara Morelli!



Brian & Sara Morelli

Flying Objects

Flying Objects

I realize that biking can be a somewhat dangerous sport and I've had several close calls over the years, but this is one that I can hardly still believe.

On Sunday, February 28, a sunny day with a NW wind of 5-10 mph I decided to ride Old Blue, my old mountain bike, to Old Roy's in Oxford. I dressed warm for the ride and said good bye to my bride as I headed out the door. After I crossed I-380 I realized that the wind was colder than I expected but I was determined to have a great ride to Oxford. I continued west and passed the air strip, riding along the flats and was approaching the curve that takes you south to Oxford. I noticed a full sized pickup truck heading toward me, traveling pretty fast, but didn't think too much about it because it was on its side of the road. As it was maneuvering around the curve and getting pretty close to me, all of a sudden 8' long 2x4s were flying through the air, spinning like maple seed twirlers do in the spring. Six boards flew out of his truck and somehow managed to land both in front and behind me without touching me. After the commotion ended, the driver stopped his truck and I helped him pick up the boards. He thanked me for helping and then drove off, never apologizing for the incident. After something like this you really feel vulnerable out on the road.

I had been biking the day before this incident and had a minor biking accident with a BIC friend. I'm starting to wonder about my biking future but as I see it, it's worth the risk (though my bride might say otherwise). I really enjoy all my BIC friends and I just want to reiterate that one can never feel completely safe while biking and should try and be on guard for the unexpected.

Tail Winds,
Steve Rudin

SOLD OUT!
The MARVelous
Memorial
Weekend Ride
was sold out by
February 22—4
days after the
March newsletter
was distributed!!

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. Expiration date is printed above your address. Application form is inside!

APRIL 2010

BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

President

Nate Van der Weide
319-430-9941
natev@comp-sol.com

Vice-Presidents

Donna Hamm 400-4111
donnaghamm@msn.com
Dan Berkowitz 351-3489
profdanb@gmail.com

Treasurer

Todd Stewart 338-2396
toddstewart@gmail.com

Secretary

Rick Walton 354-8090
richard-walton@uiowa.edu

Publicist

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

Webmaster

RAGBRAI @ Coordinator

Karen Parrott
keparrott@mchsi.com

Membership

Jan Stewart 338-2396
janbike56@gmail.com

Touring Coordinator

Todd Erickson 319-270-4969
txerickson@yahoo.com

Wednesday Evening Ride Coordinator

Lynn Rose 341-7886
lmisking@hotmail.com

Thursday Evening Ride Coordinator

Barb Goff 351-8609
bentriider@mchsi.com

BICYCLE Post Editor

Sharon Doak 626-6834
skdoak@yahoo.com

Education & Safety Advocates

Nick Maddix
moonlightrose44@gmail.com
Bob Oppliger
boboppliger@msn.com

Amish Harvest Tour to Cure Cancer Ride-BIC Representatives

Steve Rudin
Jan Stewart
Todd Erickson
Donna Hamm

Special Events Coordinator

Steve Rudin 626-6369
chaserudy@southslope.net



JULY 25-31

Sioux City
Storm Lake
Algona
Clear Lake
Charles City
Waterloo
Manchester
Dubuque

WWW.BICYCLISTSOFIOWACITY.ORG