



AUGUST 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

COURAGE RIDE SILENT AUCTION

The Courage Ride — Amish Harvest Tour to Cure Cancer takes place on Saturday, August 28. For more information or to register, go to www.courageride.org. Festivities for the Courage Ride take place at the Iowa Mennonite School near Kalona.

The following merchandise is available for bidding at the silent auction the day of the ride. We are gathering additional items. If a business or individual would like to donate to the auction please contact donnaghamm@msn.com. Bidding will be open from 6:00 am to 4:00 pm at the registration site. Bidding sheets will be gathered at 4:00

and winners determined. Need not be present to win.

World of Bikes— Wheel set from Easton model EA 70 700 series.

Sugar Bottom Bikes— 2- Brooks B-17 saddles, one ladies, one men's, color brown.

Geoff's Bike Shop— 1-small Specialized ladies Propero helmet & 1- medium Specialized men's Propero helmet.

30th Century Bike Shop— Burley Nomad Bike Trailer.

Scheels Bike Shop— Cygolite Milion 200 LED Light



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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 August is North Dodge Hy-Vee.

Mark Heffron
Heffron_M@Yahoo.com

THURSDAY EVENING LEISURE RIDES

Starting location: For August, Best Buy parking lot, Coral Ridge Mall in Coralville. Time: 6:00 p.m. Traveling on trails and low traffic streets and usually stopping for a refreshment break.

Barb Goff, 351-8609
bentriider@mchsi.com

September BIC Post deadline for submission to skdoak@yahoo.com is August 16, 2010.

THANK YOU FROM SCHERS'

To all Marvelous Memorial Weekend Riders,

On behalf of myself and the entire Scher family, we wish to express our thanks and gratitude for providing us with an unforgettable and amazing weekend to honor our Husband, Father, and Grandfather, Marvin.

We greatly appreciate your love, caring, generosity and hard work.

Marvin's children now know why their father thought so highly of all of you and loved all of you so very much.

Sincerely,

Valerie Scher and family

UPCOMING EVENTS

Sunday, **September 26**, noon—BIC Potluck picnic at Sutliff Cider Co.



Saturday, **September 4**—Swine Trek . Hosted by Hawkeye Bicycle Association in Cedar Rapids; 25-50-100 mile routes with rest stops fully stocked with food/beverages and chicken dinner.

<http://www.hawkeyebike.org>

BIC Board elections and general meeting takes place in October. See future newsletters for details. If interested in being a BIC officer, contact President Nate Van der Weide.

BIC BOARD MEETING MINUTES

June 15, 2010

Present: T Stewart, J Stewart, Van Der Weide, Walton, Hamm, Doak, Oppliger, Goff, Erickson

President Van Der Weide: The BIC membership spreadsheet is being finalized and fine-tuned for ClubExpress. This project is close to completion and should be in place soon. Discussed a purchase in the memory of Michael Nagel. Possibly we will obtain a bike rack with donated funds and have this placed in a public location

Secretary Walton: Minutes of the last meeting were approved.

Vice President Hamm: Bike boxing meeting to be July 13 at the Coralville library.

Treasurer Stewart: The BIC financial situation is healthy. RAGBRAI expenses have increased some, but will not significantly negatively impact our status.

Touring Erickson: New ride schedule page is now posted on the website. Aug and Sept will be posted soon. There was discussion of how to streamline the information on rides. Difficult to update information quickly. Still need more volunteers as ride leaders. Goff reported that there have been many calls showing interest in the Thursday leisure rides.

Editor Doak: Many more (the majority) of the Newsletters will be electronically distributed. Then members will have the option of receiving hard copy, by request.

RAGBRAI Parrott: Hired a college student to assist with "odds and ends" of RAGBRAI. Ordered a new design (tie-dyed) of T-shirt for BIC riders. The shirts look great, which will offset an increase in price over previous years.

Advocacy Oppliger: Asked for suggestions on ways that BIC can enhance Iowa City's Bike Friendly Community status. BIC can play a major role in encouragement of and education as related to bicycling in the community. Our rides and the rodeos are examples of activities. The areas evaluated are engineering, enforcement and evaluation. Enforcement and evaluation are areas that need strengthening. There is a request for more BIC publicity of the Bike rodeos and also, to sponsor a family ride. The Bike Rodeos held at the elementary schools this spring were very successful, with more than 500 children participating.

Brad Parsons (Bike Library) announced that the BL would be willing to conduct a 6-8 session course next winter to give hands-on experience in bike repair and maintenance. Limit would be 10-12 participants, who would work on their own bike. A fee of approximately \$50 would be charged; the proceeds would be donated to the Bike Library.

Old Business and New Business: None

Next meeting is August 17, 2010, 7 pm at IC Public Library.



MAINE BIKE RALLY

By Sharon Doak

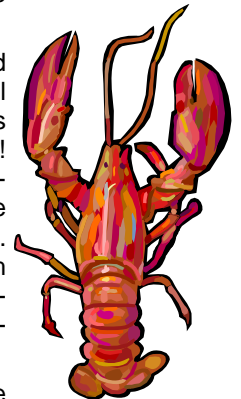
Every summer my family travels to the coast of Maine to visit my husband's mother, who lives in Boothbay Harbor. This year I decided to combine the family vacation with bicycling at the Maine Bike Rally.

This year's Maine Bike Rally was centered in Brunswick and we camped at the Brunswick high school from July 9-11. I had rented a Giant OCR bike from a Portland bike shop, which was only 10 minutes from the airport. After my clipless pedals, seat bag, and handlebar mirror was installed, I was all set to enjoy biking in the Maine countryside and coast. The Rally offered 30 different group rides with leaders and sweepers and detailed cue sheets and maps.

On Friday, I did a short 20 mile ride in the country around Brunswick and biked thru the campus of Bowdoin College, a small liberal arts college where the tuition and room/board cost about \$50,000 per year! Saturday, I completed a 55 mile ride around Merrymeeting Bay, on mostly back country roads with water views of the bay. We stopped at the Pownalborough Court House, built in 1761 and the only remaining pre-Revolutionary War court house in Maine. I soon learned that the weather in coastal Maine is usually foggy in the morning and the cooler ocean air collides with the warmer inland air, resulting in rain and thunderstorms. The last 30 miles of my ride was rainy, with rain so heavy we took refuge under trees and an organic farmer's market, where I had the absolute best Espresso Brownie made by a Bath, Maine business. Wearing my RAGBRAI jersey on Sunday's 37-mile ride to Bath garnered many questions—"So, have you done RAGBRAI?" "Yep, I'm from Iowa; in fact, I met my husband on RAGBRAI!" Elizabeth from Maine was very interested in doing RAGBRAI, so I wrote down our BIC web address and said she should go with BIC! (She has since joined BIC and looking forward to RAGBRAI next year!) Bath is home to the Maine Maritime Museum, which some riders toured, and Bath Iron Works, which helped end WWII and continues to supply the Navy with the best ships built.

The Maine Bike Rally had great food at the high school. For an additional \$10, I enjoyed a lobster dinner and was coached by the locals on how to eat it! Slide presentations in the evenings covered biking in Sweden and biking the Great Divide Mountain Bike route. Other activities included an ice cream social, Brunswick bike policeman demonstration and talk, and bluegrass music by a local band.

In 2010, the LAB named Maine the most bike-friendly state on the east coast and the 3rd most bike-friendly state in the US. After participating in the Maine Bike Rally, I could see why and savored the tastes and scenes of biking in coastal Maine!





August 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: txerickson@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 August 7 Class C	8:00 AM	West Branch Park Square, West Branch	40	Nick Maddix 594-2897	Downey, Iowa City, Morse
<p>Description: Today's route heads south to make a loop of Downey, Iowa City and Morse. Will come into Iowa City on American Legion Rd and follow Scott Blvd to Dodge St. Then on to Prairie Du Chien Rd and Newport Rd to Morse. Stick around after the ride for lunch and enjoy the Hoover Fest. Also in West Branch the Iowa Road Race State Championships bicycle races will be going on in the morning to early afternoon. The course is the 27 mile Cedar Bluff – Cedar Valley – Springdale loop. So on the way back from Morse you may see groups of racers heading north out of West Branch.</p> <p>Online Map: Link updated to online map when available</p>					
SUN August 8 Class B	8:00 AM	Weber Elementary, Iowa City	64	TBD	Parnell, Williamsburg, Windham
<p>Description: "Bridge Inspection Ride". Black Diamond Rd is now open again at the bridge over Old Man's Creek, so let's check it out! Route takes Black Diamond Rd to Parnell then heads west and north to Williamsburg then loops back to Black Diamond Rd at Holbrook. Return on Black Diamond Rd through Windham.</p> <p>Online Map: Link updated to online map when available</p>					

SAT August 14 Class C	9:00 AM	Solon H.S., Solon	30	Donna Hamm	Mt Vernon, Lisbon, Sutliff
<p>Description: Enjoy the festivities at Lisbon's Sauerkraut Days. This route takes Sutliff Rd to Lisbon. Stick around for a bathtub race a 1:00 PM (you don't need to bring your own!). Dine in Lisbon or there are numerous options 1 ½ miles west in Mt Vernon. Retrace route back and perhaps stop at the Sutliff Cider Company for an "after kraut" refreshment.</p> <p>Online Map: Link updated to online map when available</p>					
SUN August 15 Class B	2:00 PM	Iowa City Public Library	30 approx	TBD	Iowa City, North Liberty, Coralville
<p>Description: Ice Cream Sampler Tour. This ride has three destinations planned: Heyns Ice Cream in Iowa City then to Liberty Cones in North Liberty and Capanna Coffee & Gelato in Coralville. Start and finish in downtown Iowa City at the Public Library on the Ped Mall. Route will follow various urban trails wherever possible otherwise will be on urban roads.</p> <p>Online Map: Link updated to online map when available</p>					

August 2010 Ride Schedule continued

SAT August 21 (#1) Class C	8:00 AM	North Liberty Commu- nity Center	44	TBD	Amana, Middle Amana
(#2) Class A	2:00 PM	Roadies, North Liberty	100	Todd Erickson 270-4969	Tipton, West Liberty, Lone Tree, Iowa City

(#1)Description: Check out the second annual celebration showcasing the 1928-1931 Model-A Ford at Model-A day in Middle Amana. The route will take F28 and Hwy 6 to Amana then continue on to Middle Amana. If 220th Trail (Hwy 220) is busy riders can ride along side Hwy 220 on the Amana Trail in to Middle Amana. Retrace route back. Grab a lunch at the Rose & Thorn in Middle Amana or various spots in Amana.

Online Map: Link updated to online map when available

(#2)Description: "Midnight Century" – Johnson County style. Route takes Sugar Bottom Rd to Morse then makes a big loop of Tipton, West Liberty and Lone Tree. Riders will return on Sand Rd to Iowa City then urban roads and trails to North Liberty. This ride will finish after midnight. Headlights and tail lights REQUIRED. Expect to ride at least four hours after dark. Dinner stop in West Liberty, about 50 miles into the ride.

Online Map: <http://www.mapmyride.com/route/us/ia/north%20liberty/142127705671122426>

SUN August 22 Class B	8:00 AM	Scott Park, Iowa City	56	TBD	Lone Tree, Nichols, West Liberty
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Description: Today's route heads south on American Legion Rd and X14 to Lone Tree. From Lone Tree will continue south then east to pick up Hwy 70 and head north through Nichols to West Liberty. From West Liberty complete the loop by returning to Scott Park on American Legion Rd. Devoe St (X14) in Lone Tree may be closed to through traffic between Commercial and Elm. A detour in town is well marked. Pit stop options available in all towns.

Online Map: Link updated to online map when available

SAT August 28	7:00 AM	Iowa Mennonite School, Kalona	Various	N/A	Frytown, Sharon Center, North English, Wellman
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Description: THE COURAGE RIDE. Join us to ride in support of cancer research while enjoying the scenic roads of Amish Country. Registration from 6-10 AM at the Iowa Mennonite School. Various routes (19, 27, 53, 70 and 98 miles). 98 mile route starts at 7:00 AM, all others start at 8:00 AM. Lunch provided at North English or IMS. Further details including on line registration at <http://www.courageride.org>

Online Maps: Previews of the routes available at <http://www.courageride.org>. Printed maps available day of ride.

SUN August 29 Class B	8:00 AM	Weber Elementary, Iowa City	48	Rick Walton 354-8090	Frytown, Wellman, Windham
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Description: Today's route takes Black Diamond Rd to Windham then south through Frytown and on to Wellman. DJ's Casual Café in Wellman is open until 2 pm if need to grab a bite to eat. Retrace route back. Optional stop at Black Diamond Tap on return trip.

Online Map: Link updated to online map when available

WEDNESDAY NIGHT RIDE SCHEDULE

DATE	MILES	DESCRIPTION
August 4 6:00 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 Bob Lorenz at 530-4254.
August 11 6:00 PM West Branch Cedar Valley Loop	27 miles	We will meet at the West Branch Park Square, at the south end of the parking lot. Our ride will take us east through Springdale, then north on X40 and ride through the scenic Cedar Valley. After the ride we will meet at Bob's Your Uncle on North Dodge for refreshments. For questions call Todd Stewart at 530-4288.
August 18 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 Steve Rudin at 626-6369.
August 25 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 Gary Obadal at 626-3025.

GOBA 2010

The Great Ohio Bike Adventure, has been renamed the HOT, HUMID, and HOCKING County Hills Ride. Our group, Jan, Todd, Val, Jude, Mary, Donna, Joel, Luanne (from Michigan), myself and four other bikers from Iowa City still managed to have a great week loaded with lots of laughs, great Mexican food and an ample amount of Micro Brew beverages (which we



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

really enjoyed at Jackie O's Pub) after a grueling day of hills. Mary Copper led the charge up each hill. She was quite impressive. It was by far the hilliest ride that I have ever encountered. The only thing that was relatively level was the kybo lines. All of the hill climbing created an appetite that even grilled bologna sandwiches piled high with coleslaw looked appealing. The heat was constant and oppressive the first 5 days. Joel sought shelter in an ice chest freezer at a sag stop. The rest of us sat on the floor of a post office with air-conditioning which felt sooooo good! Each morning the humidity was so high that we were drenched in sweat before we even started riding.

The overnight towns were great. Athens and Marietta were college towns. At Marietta we rode across the Ohio River bridge into West Virginia. Athens was a rest

day which gave us an opportunity to visit the Lunatic Asylum built in 1870 for the Civil War PTSD patients. It sits on 700 acres of land and has an old dairy barn where cows provided a pint of milk for each of the 1800 patients in 1950. The barn has been converted into a quilt museum with some quilts dating back to the 1880s. From there we climbed yet another steep hill to the cemetery for the unclaimed patients. The entire complex was closed in 1990 and purchased by Ohio University. That same evening there was a full moon and Joel, Luanne and I rode the trail with the moon light shining through the canopy of trees. Needless to say, it was beautiful.

This ride (2500 riders) was advertised as a family ride for all ages which completely baffles me. I think the most interesting people I saw were two Amish ladies riding their bikes in long dresses and wearing wool socks. I think they were ready for spandex by the end of the ride.

It was a 350 mile adventure, one that I'll never forget. Sharing the exhaustive hilly ride with friends made it bearable. After a few days of rest our aching body parts and bruised egos will mend and smiles will reappear and we will be ready to saddle up once again. I'm looking forward to my next biking adventure with my BIC friends. I've come to realize that sharing these experiences with friends is the only way to go.

Tailwinds to you.
Steve Rudin

BIKING OFF THE U.S. COAST

*Editor's note: reprinted from the UI College of Dentistry newsletter with permission.
by Richard Walton*

What do you get when you combine sand, grit, head winds, and three ferry rides? A bike trip in the Outer Banks of North Carolina, of course!

The bike trip and route was proposed by Dr. Rick Walton, Department of Endodontics, after he noticed an online tour company advertising Outer Banks bike tours. Dr. Walton created a 300 mile, seven-day bike tour for their group: Bernie and Ann Abbott; Dave Reynolds, soon-to-be Dental Informatics emeritus and his wife, Harriet; Bill and Sherry Hammonds; and Rick and Laura Walton.

The bike route began in New Bern, continued to Cedar Island, where they ferried to Ocracoke. They biked northwardly along Cape Hatteras and caught another ferry across Hatteras Inlet then continued northward Manteo, returned to the mainland, and biked back to New Bern via small towns near Pamlico Sound. En route, the group crossed the Pamlico River via another ferry.

was minimal. Surprisingly, Dave says, their view of the ocean was restricted because of the sand dunes.

The group's overnight stops included reservations at either bed and breakfasts or inns, which were arranged by Laura Walton. The group enjoyed fresh seafood and evening libations with cheese and crackers. Dave noted that they also enjoyed several "Rick" stories. "It seemed like we laughed a lot," he said.

Along the route, the group enjoyed some of the local attractions, including the Ocracoke, Cape Hatteras, and Bodie Island lighthouses; Kitty Hawk (Kill Devil Hills area), where the Wright Brothers tested their first powered flight; and Roanoke Island, site of the first attempted English settlement in 1587. When the group's founder returned to Roanoke Island after a two-year absence, all of the settlers had disappeared and were never found. Since then they have been referred to as the Lost Colony.

Following the conclusion of this successful bike trip, everyone decided that a repeat group bike trip is in order. The Waltons, Reynolds, Abbotts, and Hammonds are currently investigating a similar adventure next year, most likely

to the Florida Panhandle area.

Bill Hammonds & Rick Walton enjoying the ferry ride and sun.



Ocracoke Lighthouse, an Outer Banks historical landmark



Laura & Rick Walton, Dave & Harriet Reynolds, Bill Hammonds, and Bernie Abbott

They experienced no precipitation but were beset by five days of head winds, including one day of "wicked" head winds, and two days of "phenomenal" tail winds. Their daily mileage ranged from 30 to 93 miles and the bike trip's mileage totaled around 295 miles, depending on the riders' inclinations. (Ann Abbott and Sherry Hammonds were support crew for the riders.)

Dave and Rick described the temperature as occasionally cool but pleasant and the traffic



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!

AUGUST 2010

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COURAGE RIDE

AMISH HARVEST TOUR
TO CURE CANCER

Saturday, August 28

*Honoring the Courage of
Seth A. Bailey*

Festivities at the
Iowa Mennonite School
near Kalona

Details at
www.courageride.org

Volunteers (3) needed
for registration *before*
and *day of the Courage*
Ride! Help is needed!
Contact Donna Hamm.

WWW.BICYCLISTSOFIOWACITY.ORG