

JUNE 2010



# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## RED'S ALEHOUSE BREAKFAST BUFFET

Sunday, June 6, 9 AM

Yes, another chance to experience, and enjoy an early morning ride around the reservoir, approximately 23 miles. After we have conquered the hills, crossed the dam, we'll be able to enjoy a buffet breakfast at Red's Alehouse in North Liberty. This ride will start at 230 West Chestnut, North Liberty, the Rudin's home. Please RSVP at 626-6369, or [chaserudy@southslope.net](mailto:chaserudy@southslope.net) by Thursday June 3.

Steve Rudin



## CLUBEXPRESS

BIC Members,

We're in the process of integrating our membership database with an online service called ClubExpress. This service will help us better track our membership status AND use our member's skills more wisely. To prepare for this process, we need to be sure we have the most accurate information in our database.

If you have changed your mailing or email address in the past year, please submit the updated information to us. You may email it to: [janbike56@gmail.com](mailto:janbike56@gmail.com) We strongly encourage our members to maintain an email account so that we can communicate with them most efficiently. Without an email address, BIC will incur additional mailing/postage expenses each time a non-email member renews (or receives a newsletter).

Let's try to keep our costs low so we can apply funds to our mission of promoting cycling in Johnson County!

Thanks for your support!

-Nate

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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 June is IC City Park.

Mark Heffron

[Heffron\\_M@Yahoo.com](mailto:Heffron_M@Yahoo.com)

### THURSDAY EVENING LEISURE RIDES

Starting location: Best Buy parking lot, Coral Ridge Mall. 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](mailto:bentriider@mchsi.com)

## RAGBRAI® UPDATE!

Hello Ragbrai riders,

Hope everyone is out enjoying the beautiful spring weather and getting started on training miles! You should have recently received our brochure about Ragbrai with BIC. Please remember to either return the yellow postcard or email me with your responses. You probably also recently received an email from the Register with your wristband number. Remember that all wristbands will come to me and we will distribute them at check-in for Ragbrai next summer, along with the Ragbrai jersey if you ordered one.

Our electronic device charger will be available this year – remember that you must have a car charger in order to use it. Please do not bring along any device that might get wet or damaged in the baggage truck.

Lastly, we need one more able-bodied, enthusiastic person for our crew, preferably with some Ragbrai experience. If you can recommend someone, please have them contact me via email.

Thanks, and happy trails!

Karen

July BIC Post deadline for submission to [skdoak@yahoo.com](mailto:skdoak@yahoo.com) is June 4, 2010.

## BIC BOARD MEETING MINUTES

April 20, 2010

Submitted by Rick Walton

**Present:** Van Der Weide, Goff, Berkowitz, Doak, T Stewart, Parrott, Walton, Erickson, Hamm

**President Van Der Weide:** Discussed Club Express, which is a service that manages club activities. The activities include membership, general management of activities, renewals of membership, volunteers, sharing files and documents, storing data bases, and other similar services. Their fees are very reasonable, approximately \$3.84 per member/per year. There is a 60 day trial period. The Board enthusiastically approved the concept of using this type of service and is supportive. Van Der Weide will investigate further and report back to the Board.

The Board discussed the possibility of financing or helping with the financing of bicycle racks to be installed in public areas. The Board was not in favor of being financially involved with racks in private areas or businesses. No decision was reached; this will be discussed at a future meeting.

**Secretary Walton:** Minutes of the March meeting was approved. The Board discussed the problem of too much BIC business being conducted via email messages. These messages should be a source of agenda items to be included in Board meetings.

**Vice Presidents Hamm & Berkowitz:** Discussed future general meetings. These are arranged and organized.

**Treasurer T Stewart:** Updated BIC financial status. Finances are stable. Stewart supplied a spreadsheet of BIC monies spent on community projects, biking activities, etc since 2005. There has been considerable variability in spending from year to year. The cap of \$6000 per year was discussed. This was previously approved.

**Membership J Stewart (absent):** T Stewart gave the update. The BIC membership is stable.

**Touring Erickson:** Gave updates on the organization of rides. May add more special rides. Courage Ride will always be the last weekend in August.

**RAGBRAI Parrott:** General update; everything is progressing. Still need an additional crew member.

**Editor Doak:** Newsletter continues to engender rave reviews. We discussed options to make newsletter electronic ONLY as a way to help finance a club service bureau (such as ClubExpress). Or, make the newsletter bi-monthly.

**Publicity Copper (absent, but provided report):** The following have been sent to the Gazette and Press-Citizen, both to the newsroom and to the Go section: May weekend rides, Tuesday AM rides, Thursday PM rides, Ride of Silence, Full Moon Ride. Also, pertinent RAGBRAI information.

**Safety/Education Opliger:**

Bike rodeo activities are already underway. There have been very good contributions and volunteers and participation by the school administrators and teachers.

Next meeting: May 18, 2010 at ICPL.



## NEW BIKING EVENT!!! 3 CLUB RIDE (MELON CITY BIKE CLUB ... QCBC ... BIC)

The 68 mile **RAMCO** (*Ride Around Many Counties*) ride will be hosted by the Muscatine Melon City Club. The Melon City Bike Club has done this ride in the past and we were looking to have a ride with all three clubs. This is your ticket to train for TOMRV, see some different riding territory, and meet some fellow cyclists.



All mid-paced and fast-paced riders are invited to participate in the first annual 3 Club Ride on **Saturday, June 5th**. Ride starts at 7:30 a.m. from Fuller Park in Muscatine (Take 61 Bypass to Cedar Street; left (east) on Cedar Street; Fuller Park on the left) Go to map of Muscatine parks for location of Fuller Park: <http://ci.muscatine.ia.us/maps/parks.htm>.



Generous homemade burrito breakfast (we are suggesting the QCBC and BIC riders make a donation) and start/ending refreshments will be provided by Melon City Club. Other "on your own" stops possible in Columbus Junction and Wapello.

So that we have a handle on the burrito count, please let Steve Rudin know by e-mail, [chase-rudy@southslope.net](mailto:chase-rudy@southslope.net) or phone 319-626-6369 if you are interested in doing the ride and the burrito breakfast by **June 2**.





# June 2010 Ride Schedule

Ride Classification System (Flatter = Faster)		
<b>Class A</b>	Advanced, 45 to 100 miles	15-20+ mph
<b>Class B</b>	Intermediate, 25 to 65 mi.	12-17 mph
<b>Class C</b>	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](mailto:t Erickson@yahoo.com). Rides yet without a ride leader show the ride leader as "TBD". To volunteer as the ride leader contact Todd Erickson.

DATE/CLASS	TIME	MEET AT	MILES	RIDE LEADER	DESTINATION(S)
<b>SAT June 5 (#1)</b> Class C	9:00 AM	Solon H.S., Solon	47	Todd Ericsson 270-4969	Cedar Rapids, Mt Vernon
<b>Description:</b> Mt Vernon Chocolate Stroll. Indulge yourself in chocolate at the first annual Chocolate Stroll in downtown Mt Vernon. The stroll begins at 10 AM. The route goes to Cedar Rapids through Czech Village then east to Mt Vernon. Return to Solon on Sutliff Rd. Sykora Bakery is open for a 'pit stop' in Czech Village. Dining and chocolate in Mt Vernon.					
<b>SAT June 5 (#2)</b> Class N/A	7:30 AM	Fuller Park, Muscatine	68	Organized by the Melon City Bike Club	Muscatine, Columbus Junction
<b>Description:</b> Ride Around Many Counties (RAMCO). The Melon City Bike Club has done this ride in the past and this year we are looking to have a ride with BIC and the Quad City Bike Club. See Newsletter for details and RSVP for a burrito breakfast count.					
<b>SUN June 6</b> Class B	9:00 AM	230 W Chestnut St, North Liberty	23	Steve Rudin, 626-6369	West Overlook Dam
<b>Description:</b> Breakfast ride around the reservoir. Sugar Bottom Loop. Dine afterward at Red's Ale House in N. Liberty. See Newsletter for details and RSVP. Depart from Steve's house on 230 W Chestnut St					
<b>SAT June 12</b> Class C	9:00 AM	West Branch Park Square, West Branch	36	TBD (See website for up to date info)	Tipton
<b>Description:</b> West Branch – Tipton loop. From West Branch head north on Downey St to Cedar Bluff then east to Tipton. From Tipton return through Cedar Valley and Springdale to complete the loop. Post ride dining option at Herb and Lou's (opens at 11 AM) in West Branch. Pre ride coffee shop option to at Reid's Beans on Main St					
<b>SUN June 13</b> Class B	8:00 AM	Napoleon Park, Iowa City	57	TBD (See website for up to date info)	West Liberty, Lone Tree
<b>Description:</b> 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 (only) on Hwy 70 heading south out of West Liberty traffic is rated at 3,000+ AADT					



## TOUR OF THE MISSISSIPPI RIVER VALLEY

JUNE 12-13, 2010

TOMRV is the Tour of the Mississippi River Valley, a Midwest cycling tradition now in its 33rd year. Every year 1,500 bicycling enthusiasts come to ride the TOMRV tour. They enjoy a challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. <http://www.qcbc.org/tomrv/>



## June 2010 Ride Schedule continued

<b>SAT June 19</b> Class C	8:00 AM	Napoleon Park, Iowa City	42	Nick Maddix, 594-2857	Tiffin, Oxford, Amana
<b>Description:</b> Middle Amana Park is filled with orange as Allis Chalmers collectors meet and display restored tractors. This route loops through Tiffin and Oxford before heading to Amana. Return from Amana via F28. If decide instead to take a direct route out and back on F28 the distance is closer to 34 miles. Many dining options in Amana.					
<b>SUN June 20</b> Class A	8:00 AM	Hills Elementary, Hills	71	TBD (See website for up to date info)	Frytown, North English, Wellman
<b>Description:</b> Do your father proud with one of the longer rides of the year. From Hills ride Amish country roads through Frytown to North English. Then head south through South English to loop to Wellman. In Wellman DJ's Casual Café is open until 2pm for a dining option there if desired. Return to Hills via Bayertown Rd.					
<b>SAT June 26</b> Class C	8:30 AM	Napoleon Park, Iowa City	29	George Guidice	Riverside, Hills
<b>Description:</b> Head down to Riverside for the annual TREKFEST XXVI. Activities beginning at 10AM. Details at <a href="http://www.trekfest.com">http://www.trekfest.com</a> . Route takes Sand Rd to Hwy 22 to Riverside. Retrace route back. Live long and prosper.					
<b>SUN June 27</b> Class B	8:00 AM	Irving Weber Elemen- tary, Iowa City	55	Sharon Doak 626-6834	Windham, Oxford, Tiffin, Cosgrove
<b>Description:</b> Oxford Loop "plus". This route takes Black Diamond Rd through Windham then heads north to Oxford. From Oxford loop north via F28 to Tiffin. Return through Cosgrove and Black Diamond Rd. In Oxford option to stop at the American Legion for a Breakfast and Bake Sale (7:30 AM – Noon. Breakfast is \$6).					

## June Wednesday Night Ride Schedule

June 2 <b>6:00 PM</b> 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 <sup>th</sup> . 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 Steve Rudin at 626-6369.
June 9 <b>6:00 PM</b> 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 Doug Kerns at 626-9140.
June 16 <b>6:00 PM</b> 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 Gary Obadal at 626-3025.
June 23 <b>6:00 PM</b> 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 Luke Boddicker at (402) 960-2927.
June 30 <b>6:00 PM</b> 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 Joe Smith at 627-2274.

## 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!

**JUNE 2010**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### **President**

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natev@comp-sol.com

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Jan Stewart  
Todd Erickson  
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### **Special Events Coordinator**

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Summer Begins  
June 21

[WWW.BICYCLISTSOFIOWACITY.ORG](http://WWW.BICYCLISTSOFIOWACITY.ORG)