

MARCH 2010



THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

The MARVelous Memorial Weekend-May 29-30, 2010

By popular request, BIC will repeat the 2007 route from Waukon, IA, to Caledonia, MN, the wild turkey capital of Minnesota. This is the first repeated Memorial Weekend tour in seven years.

Saturday - Starting from the golf course in Waukon, we will ride a high ridge with scenic views on both sides of the road. The route then follows on the banks of the Mississippi River through interesting villages with many places to stop, if you want more excitement than the Sag provides. Milty's in Lansing was a memorable stop and as was a bridge crossing into Wisconsin for others. Some bicyclists may remember Saxon Hall in Brownsville; if not, the owner of the tavern will no doubt remember BIC.

Sunday - After an overnight in Caledonia, we will return with a small retrace through New Albin to the banks of the incredibly beautiful Upper Iowa River. After following and crossing river, we will climb a high ridge taking us back to Waukon.

Advance information - To make your tour more enjoyable, maps and tour information will arrive in advance via e-mail.

The entry form is in this newsletter on page 6!

Because of sag and facility capacity, the tour is limited to 30 bicyclists. If you have questions, call or e-mail Steve Rudin, 626-6369, chaserudy@southslope.net

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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!

April BIC Post deadline for submission to skdoak@yahoo.com is March 1, 2010.



BIC is now on Facebook! To check us out and become our "fan", simply head to www.facebook.com and under the search bar type in "Bicyclists of Iowa City".

Facebook will now be used to keep members (and guests alike) informed of bicycling news, events, and so on. Stay in the know, become a fan today!

BIC GET TOGETHER AND MARV REMEMBRANCE

It's time to get together to kick off the 2010 biking season (ride your bike, or not). We will be meeting at **Bobber's Grill**, 1850 Scales Bend Road, North Liberty on **Saturday, March 13 at 7:00 PM**. After a long, hard winter, Marv Scher would have come to drink his favorite beverage and share a laugh together. I think it would be appropriate if we share a Marv story in his memory. If you have any questions, please feel free to call me at 626-6369 or email me at chaserudy@southslope.net. Val Scher and I hope to see you there.

Steve Rudin

BIC BOARD MEETING MINUTES

January 19, 2010

Submitted by Rick Walton

Present: Parrott, Erickson, Oppliger, Maddix, Goff, Hamm, Doak, Walton, Berkowitz, Van Der Weide, Copper. Guest: Rudin

President Van Der Weide: Update on the website. Progressing well and is close to completion. Had suggestions for website usage other than just informational, for example sales, registrations, paying for rides and events, etc. The Board was supportive.

Secretary Walton: Minutes of November meeting were approved. Outlined plan for obtaining volunteers for Criterium marshaling: give each Board member (or other person) one of the ten corners to fill with assigned marshals. Divide the membership list into ten components. Each corner organizer calls from their list. The Board was supportive of this approach.

Vice Presidents Hamm / Berkowitz: Bike Expo for February 24 is organized. Discussed having a Ride Leader sign up session. This may be added to the Bike Expo meeting.

Treasurer T Stewart (absent): the Board discussed some financial issues, including establishing minimum balances, managing and budgeting contributions, and making funding requests more formalized. Otherwise, the financial status is stable.

Membership J Stewart (absent): A membership report was circulated. There are a few new members, so the numbers are stable.

Touring Erickson: Discussed ideas for developing new ride protocols, updates to maps, ride leader ideas, etc. Circulated a very complete outline of Touring Director Responsibilities. This included several innovations and questions, which are yet to be answered and decided. Some of Erickson's ideas are based on the Hawkeye Bicycle Club procedures, which have been successful. Maddix has stated that he will assist Erickson as needed.

RAGBRAI Parrott: There are 110 registered. It is anticipated that there will be full registration soon. There are many younger riders. Other organizational aspects are proceeding well.

Editor Doak: Discussed cycling causes and organizations for BIC to support. BIC has representation on the Courage Ride committee: J Stewart, Hamm, Erickson and Rudin.

Publicity Copper: It is decided to name the Scher memorial ride the "MARVulous Memorial Day Ride. Rudin is organizing this.

Education & Safety Oppliger: Presented information on Bike Rodeos, which will be held at the IC elementary schools during the spring. There is teacher support. Suggests that BIC be involved with volunteers and with some financial (\$250) backing. Insurance companies also are likely to contribute. Likely BIC will participate; more detail is needed.

Education & Safety Maddix: Requested feedback on "brainstorming" PDF file sent in e-mail over the coming months. Will set forth on the ideas pending board approval in the future. Proposed the idea of another bike racks contribution with poten-

tial assistance from local bike shops. Many board members expressed concerns with involving the bike shops in this purchase. It was suggested to proceed in the near future as had been done in the fall with BIC being the sole contributor. Item was deferred to the next meeting.

Guest Rudin: Suggested March 13 gathering at Bobber's. Stories about Marv Scher will be shared. Discussed 2011 Memorial Day Ride. A possible destination is MacGregor. Rudin will likely organize and lead this ride.

Next meeting: Tuesday, February 16, Room E, ICPL

GOBA 2010

22nd Great Ohio Bicycle Adventure



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

Are you looking for another bike adventure like we experienced in Michigan last year? If so, please join a group of fun and adventurous riders for this year's 22nd Great Ohio Bicycle Adventure (GOBA) ride scheduled for **June 19-26, 2010**. It is logistically friendly and it should offer some fantastic scenery. For additional information please visit this web site at <http://www.goba.com>.

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

chaserudy@southslope.net



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!



Bicyclists of Iowa City Ride Schedule

Off Season 2009—2010

All rides are Show 'n Go Rides. All riders shall meet up at the starting point at NOON (12:00 PM) and decide on a route. A ride leader may be designated as well. Maps may be obtained from the BIC website at www.bicyclistsofiowacity.org. Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures.

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



Special Event Ride	
Sunday March 21, 2010 @ 1:30 PM (see article on page 4)	Extra Special Oxford Loop Ride Augusta Restaurant, Oxford



SADDLE UP AGAIN MISSISSIPPI RIVER TRAIL RIDE



Self-Contained



July 10 – 11, 2010

Last year's Mississippi River Trail Ride was a great success with lightning, torrential rain and an indomitable spirit that said: "We never had so much fun being miserable" (see Oct 2009 newsletter for the complete story). The adventure was priceless.

This year the ride will happen the weekend of July 10-11. We'll start riding self-contained with our trailers or panniers in Rock Island, Illinois, parallel the Mississippi northward until we arrive at our campsite near Savanna, Illinois. After returning the next day, our total ride distance will have been about 120 miles and flat (60 miles each way).

Look for additional information in the April and May newsletters. The trip will be limited to the first 16 that sign-up. If you have questions or want to reserve a spot early, call or email Joel Pickar 358-8202, jpickar@mchsi.com.

EXTRA SPECIAL OXFORD LOOP RIDE

Date: Sunday, March 21

Time: 1:30 PM

Ride Start: Augusta Restaurant
(101 S Augusta Ave., Oxford)

Ride Leader: Steve Rudin

Length: 26 miles (or less)



You may wonder what makes EXTRA SPECIAL OXFORD LOOP RIDE so special. This ride will offer us an opportunity to get the ride season started and also enjoy a delicious meal that will certainly please your appetite. We plan on eating at Augusta Restaurant around 5:00 PM after the ride. Should we have inclement weather that day, the ride may be cancelled but the dinner will take place as planned. Please RSVP to me by Wednesday, March 18 if you are planning on participating. If you have questions, please feel free to contact me at 319-626-6369 or email me at chaserudy@southslope.net.

RAGBRAI XXXVIII

Hello Ragbrai riders,

Spring is just around the corner so time to start thinking about how you're going to train for Ragbrai. The more you train, the more fun you'll have. You should be planning on riding all day everyday and enjoying the full experience. BIC doesn't provide a sag service and the Register's sag wagons are few and far between. Besides, the sense of accomplishment at riding every mile can't be beat! Five hundred miles is a good goal for a younger person, but I would recommend closer to 1000 for anyone who is a bit older, or out of shape to start with. Hit the exercise bike now, or join in on our BIC rides!

If you haven't had a chance to sign up to ride Ragbrai with BIC yet, please contact me at keparrott@mchsi.com. We often have cancellations right up to the day we leave, so usually we fit in everyone who wants to ride with us. For those of you who are signed up already, our information packet will be sent in a month or so.

Happy trails, Karen



JULY 25-31, 2010 OVERNIGHT HOST TOWNS

Sioux City

Storm Lake

Algona

Clear Lake

Charles City

Waterloo

Manchester

Dubuque

BIC MEMBERS MOURN THE PASSING OF MARV SCHER

Longtime BIC member and volunteer Marvin Scher died on January 7, 2010, following heart surgery. Valerie Scher, his wife, wants the bikers (BIC members) to know that Marv "put up a good fight" and that "he loved all of us!".

In honor of Marv's planning of the Memorial Weekend Ride for the past 7 years, BIC held an online voting contest to name this ride. "MARVelous Memorial Weekend Ride" came in first, followed by "Scher Madness Memorial Weekend Ride". Valerie will assist with sag support and his children plan to ride this coming Memorial Weekend. Marv had completed all of the planning for the 2010 ride last September. He has planned all the routes and meticulous details for the memorable rides to Fairfield (2003), Toledo (2004), Wildcat Den State Park, Muscatine (2005), Pella (2006), Caledonia MN (2007), Platteville WI (2008), and Galena IL to Mineral Point WI (2009).

Marv was always involved in some aspect of BIC, whether it was the Amish Century ride or planning the weekend touring schedule. Marv was a regular on Wednesday night rides, either riding or socializing with the group afterwards. BIC members will always remember the twinkle in his eyes, his laughter, and his willingness to "buy another pitcher!" Thanks Marv for the fun and memories!



My first club ride with Marv Scher, April of 1989

My first ever organized long distance ride with BIC was, of course, with Marv. It was a beautiful spring day in April. To my recollection we started in Iowa City, then we rode the Sharon Center Loop, approximately 18 miles. Being the new kid, it seemed like we were riding 80 miles. There were other riders as well, Patty Nakioaki, Linda Thomae, Steve Poggenpohl, and a host of others. I could hardly keep up with them but they were always in my sight. The scenery was just spectacular with the baby farm animals in the fields, sunning themselves on such a beautiful warm spring day.

After the ride we stopped for refreshments and something to eat. Marv ordered two pitchers of Guinness beer and some Nachos chips. Not being familiar with this dark beer, I had no idea as to what I was getting myself into. Of course, Marv picked up the tab. Being the new kid I went into shock when I saw the tab. I believe it was \$22.00, which was a reality check for me. I was so impressed with how Marv welcomed me. He had a real talent for making everyone feel welcome. Marv's generosity was always present during these biking adventures. If you needed a bike, gloves, mirror, pump, or anything else he would always try to provide it for you. He truly cared for BIC and all of its club members. His presence and map skills will be truly missed by us all. Marv was always up for a ride to spend some time with his treasured friends. I will truly miss Marv. His presence always made for a memorable time. He will be missed by us all,

Steve Rudin

THE UPCOMING 2010 BIC TOURING SEASON

For those of you who may not know me, let me introduce myself. I am a very new "official" member to BIC, but have had several years of participation in some great BIC rides (Ride For Ribs, Holiday Lights and 3D Devotay rides) and I have volunteered as the Route Chairman for The Courage Ride: Amish Harvest Tour to Cure Cancer for the past 2 years. I started cycling in the early '80's in Mason City and raced quite a bit for Rainbow Cyclists out of Cedar Falls as a junior. I have several RAGBRAIs, TOMRVs and Bicycle Tour of Colorado's under my belt. I am a long time and still current member of the Hawkeye Bicycle Association in Cedar Rapids and also race for the HBA Racing Team. I live in Cedar Rapids but work in Coralville. I still have the first bike I bought.

The outgoing Touring Director, Nick Maddix, has done great work in organizing the Saturday rides as social event group rides and Sunday rides as more mileage driven, go-at-your-own-pace rides. I intend to keep that same basic structure, along with the ride classification system. The basic mileage trend throughout the season will be to start with shorter miles and lower paced rides in April, gradually increasing into May. June - September will have a mix of longer rides and relatively shorter rides. As the days get noticeably shorter, the mileages will decrease through October. How I would like to build upon this is to encourage additional rides on the weekend that perhaps fit outside the norm for distance or classification. If, for example, you come into the first week of April chomping at the bit for a brisk 60 mile ride on a Saturday, then I encourage you to let me know to add an additional Class A ride for the day. This would not be done at the expense of a shorter Class C ride on the same day. I believe this will give riders additional venues to get on the road with other like minded BIC members. Regardless of your fitness level or competitive spirit, I encourage all riders to take to heart the "ride as a group spirit" and relaxed pace of the more casual Saturday rides.

I'm glad to know that Nick will be continuing on with Full Moon Rides. The HBA has a full Moon Ride tradition going on now for at least 3 years. It is the only ride that is scheduled full year 'round. I hope that BIC's Full Moon rides will similarly grow in popularity. Steve Rudin has an ambitious Special Event schedule for 2010. I will be leading at least two "Midnight Centuries" (100 miles, ending at midnight): one in the late spring and one in the fall. I have done this in the past in the Cedar Rapids area, but hope to start this for the Iowa City area this year. If you would like to see routes to new destinations, gravel rides, or anything else a bit "out of the ordinary" please let me know. Even better, make it happen and be the ride leader!

I will be working continuously throughout the year to keep ride maps current and create new maps as needed. One thing I find handy, and have had this suggested as well for the Courage Ride, is to have distances between stops or towns added to the maps. I will be working to do that for all maps that are updated or newly created. I try to keep up to date on all the official road closures and construction, but I encourage you to let me know of any poor road conditions or closures encountered at any time so that I may pass that along to ride leaders and make route/map alterations as needed.

See you on the road...- Todd Erickson, Touring Coordinator



MARVelous Memorial Weekend Ride

To Caledonia

May 29-30, 2010

53 & 65 Miles Saturday, 44 Sunday

Welcome friends, we are glad you are joining us on this adventure.



Join in the fun if you will not bike!

Volunteers providing sag support are held in high esteem. To volunteer, call Steve Rudin at 626-6369 for information or e-mail me at chaserudy@southslope.net.

In 2009, registration closed, exceeding capacity, 6 days after newsletter distribution!

Registration Form (This form may be reproduced.)

1. Use a separate form for each rider.
2. Complete form, sign release, and mail with a \$35 check payable to BIC and mail to:

Steve Rudin
230 W. Chestnut St.
North Liberty, IA 52317

Print legibly please!

Name		Age	
Street Address			
City		State	Zip
Home phone	Emergency Phone/name		

READ and SIGN Liability Waiver

IN CONSIDERATION of being permitted to participate in this event sponsored by the Bicyclists of Iowa City, Inc., I, for myself, my personal representatives, assignees, heirs, and next of kin do execute the following release.

Release from Liability

I am aware of the risks of bicycling, and I voluntarily assume these risks. I understand that ride organizers and sponsoring organizations are not responsible for my personal safety. I do hereby for myself, my heirs, executors and administrators waive any and all claims for damages and causes of action of every nature which I may have, or which may hereafter accrue to me, against the rider leaders, Bicyclists of Iowa City, Inc., and other sponsoring agencies, during the participation in bicycling events, and during the travel to and from these events.

All participants must wear helmets!

Participants Signature	
Participant's printed name	Date
Signature of Parents or Guardian (for riders under 18)	

Responding to request, we will repeat the 2007 ride to the Wide Turkey Capital of Minnesota, Caledonia. Expect excellent bicycling, extraordinary scenery, and outstanding camaraderie. Enjoy the adventure with comfortable accommodations, lots of laughter, pleasant surroundings, and good food. On Saturday May 29, we will bicycle to AmericInn in Caledonia MN over quiet country roads from Waukon. Riders will have luggage transport, maps, cue sheets, and sag support.

Luggage

All riders must drop luggage, sign-up, and receive maps either before or at departure from the North Liberty Community Center or Waukon on Saturday. We plan to have our famous wine & cheese social shortly after arrival in Caledonia on Saturday.

Start on Time

Allow three (3) hours driving time, arranging carpools before departure. Please be considerate of others and plan to start at appointed times. If you are late, rather than wait for you, others may choose to start bicycling. Participants will receive detailed route plans a week prior to departure via e-mail, if applications are timely. We will try to keep bicyclists in matched groups to facilitate sag support.

Starting Location	Load Bags	Departures	
		Sag	Riders
North Liberty	6:00 AM	6:15	-
Waukon	9:00 AM	9:15	9:15

Bring a tolerance for nature's whims, a sense of adventure, and money for food. There will be space for a tiny bag in a sag. Sags are emergency vehicles, not a personal taxi service, and all riders should be prepared to complete the distance they select. If the weather suggests a later start en route, alternative plans and maps will be available to cover all contingencies.

There are 20 BIC rooms reserved at the AmericInn in Caledonia at a special group room rate of \$79.95 plus tax. The inn offers a continental breakfast, swimming pool, and other amenities. **Reserve your own rooms early; this is a small inn.** BIC will release the block of rooms on Friday, May 21.

Phone AmericInn at 507-725-8000.

Bicyclists of Iowa City (BIC) Membership Application

BIC, founded in 1976, is a group of area bicyclists interested in all aspects of cycling. BIC is affiliated with The League of American Bicyclists, Adventure Cycling, Iowa Trails, and The Iowa Bicycle Coalition. Membership is open to everyone with an interest in responsible bicycling.

Date: _____ New

Name: _____

Address: No change/Renewal

Address: new members or change of address:

City: _____ State: _____ Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Second Adult Name (for Family Memberships)

Name: _____

Cell Phone: _____

Email: _____

Additional Member Names: _____

Membership Categories:

In Iowa

- Individual \$20/yr Family \$25/yr
 Optional charitable donation to help bicycling in the local area
Donation amount: _____

Out of State

- Individual \$25/yr Family \$30/yr

Please read and sign below:

In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind, BIC, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I confirm that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all BIC club rides safe. I agree to hold the club harmless and indemnify the club for all costs, judgments and awards that may be claimed, including the cost to defend such claims brought by you or another in your behalf, or that of others. **Helmets are required on all club rides.**

***Note - all adult family members must sign this waiver.**

***Signature** _____

***Signature of Second Family Member**

- Please do not release my name or address to other businesses or organizations.
 Please send the electronic version of the BIC Post newsletter via email.

Some of BIC's activities and interests include:

- Informative, fun club meetings and social gatherings.
- The **BICycle Post** Newsletter
- Group rides at a wide variety of skill levels, choices of multiple days of the week and weekend, including weekend overnight camping or motel rides.
- Extensive website of club activities and area/national bicycle resources at [www.http://www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)
- Promotion of responsible bicycling as an enjoyable form of transportation, recreation, and fitness.
- Strong, active advocates for municipal, regional, and state cycling issues
- Provide assistance to the **Old Capitol Criterium** Bicycle Race organizers at their annual spring race.
- Co-organizer for the annual **Amish Harvest Tour To Cure Cancer (Courage Ride)**. This event raises money for cancer research in the local community.
- Member discounts at local bicycle shops.
- Annual **RAGBRAI®** travel arrangements.

BIC's success depends on your active support!

What are **YOUR** interests?

- Commuting Touring Racing
 Ride Participant – see newsletter for ride details
 Saturday Sunday
 Tuesday AM Wednesday PM
 Thursday PM
 Ride Leader
 Publicity Advocacy
 Newsletter assistance - writing or providing articles
 Newsletter assistance – assembly and/or mailing
 Programming – Arranging speakers/programs for club mtgs
 Sag wagon support for long rides or overnight rides

Interested in participating or helping with Special Events?

- Criterium – 150+ volunteers needed for a variety of tasks
 Amish Harvest Tour to Cure Cancer – September event with year long planning and assistance welcomed.
 RAGBRAI® - to participate in this event with BIC you must be a BIC member and self register for Ragbrai on Ragbrai.org 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!

MARCH 2010

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“Life is like riding a bicycle. To keep your balance, you must keep moving.”
Albert Einstein, physicist
Letter to his son Eduard
1930



Harry G. Seb. Norfolk, Va.

WWW.BICYCLISTSOFIOWACITY.ORG