



MAY 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

RIDE TO YOUR BREAKFAST: TWO RIDES IN MAY

May 8 7:00 AM

I would like to invite you to an early morning breakfast bike ride on **Saturday, May 8**, starting at 7:00 AM from my home at 230 W. Chestnut St., North Liberty. We will ride to Mt. Vernon for breakfast at the Skillet Café and Bakery. Mileage for the ride should range between 46-48 miles.

Please **RSVP** at 626-6369 or chaserudy@southslope.net by Thursday, May 6.
~Steve Rudin



May 22 7:00 AM

Join us for an early morning spring bike ride on Saturday, May 22, starting at 7:00 AM from my home at 230 W. Chestnut Street in North Liberty. We will bike to Marengo for breakfast at the Doose Café, 1106 Marengo Avenue. This ride is unique in its own way. You will be able to ride 60 miles with only two major hills to climb. Please RSVP by Thursday, May 20 at (319) 626-6369 or chaserudy@southslope.net. Hope to see you then!!
~Steve Rudin



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THE RUDIN'S PACK'N AND CAMP'N FUN RIDE

May 15-16, 2010



Steve is planning yet another pack'n and camp'n adventure filled weekend loaded with team camaraderie. This self-contained trip will be led by the Old Master Bagger. We will leave Napoleon Park



at 8:00 AM on Saturday, May 15. We hope to meet Joe Smith in West Liberty around 10:00 AM where he is planning to lead a ride from West Liberty to Muscatine. We will plan to travel to the Saulsbury campground located on Saulsbury Road near Muscatine (approximately 35 miles). If the park is closed due to flooding, we will cancel this ride. The second option would be joining Joe's ride (see the ride schedule). After our arrival and camp set up, we will journey to Muscatine and enjoy its offerings.

If you have any questions, please feel free to contact me at 626-6369 or chaserudy@southslope.net. Please have ample clothing in case we have inclement weather. Please RSVP by Wednesday, May 12.



MAY 16-21, 2010

Check out the Bike to Work Week schedule of events on page 6!

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

BIC BOARD MEETING MINUTES

March 16, 2010

Submitted by Mary Copper

Present: M. Copper, D. Hamm, D. Berkowitz, S. Doak, N. Maddix, B. Goff, T. Stewart, J. Stewart, T. Erickson

President: N. Van der Weide was not present; Todd Stewart led the meeting in his absence. February minutes were approved.

Vice Presidents: Hamm/Berkowitz gave updates on the status of two pending events: the March 29th General membership meeting that will be held at the Coralville Public Library and the RAGBRAI meeting that will be held April 29th (also at the Coralville Public Library). Hamm provided details about the agenda for the March including the presentations by JCCOG about trails and Jim and Jan Downs' cycling trips.

Treasurer: T Stewart provided an "income/expense by category" sheet with entries for each month since 10/01/2009 and up to 3/14/2010. Discussion ensued as board members read the information while Stewart answered questions. Stewart stated that BIC continues to break even overall with the budget remaining stable. Stewart explained that RAGBRAI fees and expenses cause fluctuations.

Stewart also led the discussion that was planned for this meeting regarding the board coming to some general consensus about setting parameters for BIC annual giving and agreeing on an average balance to maintain in the accounts. Part of the discussion involved evaluating the past five years of financial donations and determining which ones would be set from year to year, and which ones were a one time donation, as well as which ones to reduce or eliminate. The focus in the decision process was on determining which causes most fit the BIC mission statement. Stewart noted that BIC had been erratic in the past in the amounts given. This prompted the board to agree on determining a set amount for some of the organizations that BIC intends to donate to each year. Stewart made a motion that was seconded by Copper and then voted on affirmatively, to have a \$6,000.00 per year donation budget. It was further decided by a series of motions and votes to give a set amount annually to the following: RAGBRAI Dream Team, the Iowa Bicycle Coalition, JCCOG Trails maps \$1000.00, Sponsor BIC member riders to the American Diabetes Association: Tour to Cure (members may inquire with the board if they wish to be sponsored in this event), Jingle Cross Rock \$500.000, Trails to Rails \$50.00. It was also agreed upon by the board to continue to pay for memberships in national bike organizations and to continue subscriptions to cycling associations. The discussion was not concluded but rather the board agreed that it was the beginning of an ongoing dialogue about budget decisions.

Membership: J Stewart reported that membership numbers are stable with an increasing number of members opting to GO GREEN with an electronic newsletter, up from 66 in July 2006 to 152 currently. Honorary memberships were award to Gloria Marchman for lifetime, Val Scher, Jim and Ann Ridenour for lifetime, and Kurt and Kim Friese for one year. There are currently 342 total memberships with 125 of those being family memberships.

RAGBRAI: K. Parrott was absent but the board was informed that RAGBRAI enrollment remains full with a waiting list. The solar-powered cell phone charger will require additional and unforeseen funds but the device is still highly and favorably anticipated by the board members who have agreed to cover the additional costs. The device will be an asset to BIC members and will service approximately 30 cells phones at a time.

Safety and Education: Oppliger was not present but an article was placed in the April newsletter to recruit 10-12 people who can serve as volunteer 'mechanics' at up-coming Bike Rodeo events. The bike rodeos will be hosted after school or on the weekend and last less than 2 hours.

Publicist: Copper sent information to the media to promote the March general membership meetings as well as information to have the BIC April rides posted in the papers. N. Maddix stated that he intended to add information to the BIC Facebook page about the meetings and rides. T. Erickson stated that he would update the Google calendar on the BIC website with information about the BIC rides for the whole year.

Touring: T. Erickson has been continuing to secure ride leaders for the entire biking season. There are still many slots open and BIC members are encouraged to contact Erickson to volunteer.

Courage Ride-BIC Representatives: T. Erickson reported that the Courage Ride committee has started to meet and it has been determined that the ride will once again begin at the Iowa Menonite School. A significant change this year will be that the ride will take place in late August instead of late September.

Special Events Coordinator: Rudin was not present for this meeting but it was noted that he provided information for the April newsletter to inform members that there will be a special ride on Sunday, April 18 April ending with a brunch at Devotay. The board commented in appreciation of members Kim and Kurt Friese for once again treating fellow BIC members to an incredible feast. It was also noted that rain or shine—the brunch will take place.

BICYCLE Post Editor: Many board members commented with appreciation on the remarkable job that Doak has done to continue to give BIC members a quality newsletter. Often times Sharon, her husband Gordon and their two children are doing all of the labeling, postage, etc at home to get the newsletter out for members.

Old Business: Copper read an e-mail from Representative Lensing informing that the Bike Bill (House File 128) did not make it to the floor and will not be considered this session. But Lensing stated that she now supports the bill after improvements were made to it, and she is confident that it will be back again next year.

New Business: Doak presented information about an upcoming LAB conference for bike club leaders who want to move their organizations forward. It was a board consensus that it would be worthwhile for a board member to attend the conference. President N. Van Der Weide was not present to hear this information but it was proposed that he be presented with the suggestion that if he was able and willing to attend the conference the board would cover the costs of his attending.



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.

Join hundreds of cyclists for the 2nd Annual Corridor Classic Tour de Cure! This scenic bicycle ride will take you through the beautiful countryside of Iowa.

Your ride is fully supported with well-stocked rest stops providing, water, fruit & snacks to keep you fueled, SAG vehicles, bike mechanics, medical support, and radio communication to monitor the routes and ensure you'll have a safe and enjoyable ride.

The BIC Board voted to fund 1 or 2 BIC riders who wish to participate in the Tour de Cure. Therefore, BIC will donate \$150 per rider, which is the minimum fundraising goal per rider. There is also a \$25 registration fee. Send an email to Mary Copper mary-copper@uiowa.edu if you are interested in riding the Tour de Cure. You would need to register yourself.

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!

 **American Diabetes Association.**
Tour de Cure 2010



I'm proud once again to be organizing the Iowa City "Ride of Silence" for its third straight year. Last year, Iowa City was one of several locations in Iowa to host this nationally recognized ride. The ROS seeks to give cyclists an opportunity to mourn and honor fallen and injured cyclists while silently advocating for their rights and presence on the roads. In light of the recent bicycle accidents in

the Iowa City area, this message is now more important than ever.

This year's ride happens to fall on Bike to Work Week and is on **Wednesday, May 19th at 6:45 pm** from the "T" intersection of Washington and Dubuque Streets (The Ped Mall North Entrance). The ride will be 8 to 12 miles and we'll trek at a speed not to exceed 12 miles per hour while staying together from start to finish. We'll be assisted with an escort by the Iowa City Police Department again this year.

The ride is open to ***EVERYONE!** Bring your friends, your neighbors, and anyone else that you know, especially relatives of injured and killed cyclists. This is their time also to

TUESDAY MORNING RIDES

Tuesday morning rides 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: 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).

THURSDAY EVENING LEISURE RIDES

The Leisure Rides are for everyone. Newbies will learn new, safe places to ride and will learn how to ride in a group. Old timers can share their many years of wisdom on seat height, tire inflation and lubing their bikes. Everyone can have fun getting to know each other.

As always, we'll start at **College Green Park in May** and July, from Best Buy in June and August. We'll leave the gathering place at **6 p.m.**, traveling on trails and low traffic streets and usually stop for a refreshment break. Participants might plan to have headlights and blinky tail lights if they plan to ride home after the group ride.

Barb Goff, 351-8609

bentriider@mchsi.com

**Thursdays: May
6, 13, 20, 27**



remember the loss of their loved ones. Helmets are required in order to participate in this ride and lights are recommended but optional. This is a rain or shine event. For more details, please check out www.rideofsilence.org. Sign up in advance at the BIC Facebook page or just show up at the ride start time and place. We hope to see you on this year's ride! Remember: the road is there for all to share.
 ~Nick Maddix



May 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

<u>DATE/CLASS</u>	<u>TIME</u>	<u>MEET AT</u>	<u>MILES</u>	<u>RIDE LEADER</u>	<u>DESTINATION(S)</u>
SAT May 1 Class C	8:30 AM	Herkey Street, North Liberty	33/41	Donna Hamm, 400-4111	Amana
Description: Ride to Amana for Maifest. Parade starts at 10AM. Many other events during day. 33 miles if retrace direct route, 41 if make it a loop through Oxford and Tiffin.					
SUN May 2 Class B	9:00 AM	Community Center, North Liberty	43	Nick Maddix, 594-2857	Solon, Lisbon, Mt Vernon
Description: Ride to Mt Vernon for annual Chalk the Walk. Street artists starting 10AM. Route passes the west end of Solon HS parking lot both ways (7.5 miles from start). If join the route from Solon the total miles is closer to 28.					
SAT May 8 (#1) Class C	9:00 AM	Scott Park, Iowa City	40	Todd Erickson, 270-4969	Downey, West Branch, Morse
Description: Rout takes American Legion Rd to Downey. Then north to West Branch for a lunch stop. Loop back through Morse then via Newport Rd and Scott Blvd. Opportunity to 'pit stop' at the Hilltop in Iowa City					
SAT May 8 (#2) Class B	7:00 AM	230 W Chestnut St, North Liberty	44	Steve Rudin, 626-6369	Solon, Lisbon, Mt Vernon
Description: Breakfast ride to Mt Vernon. Dine at Skillet Café. See Newsletter for details and RSVP. Depart from Steve's house on 230 W Chestnut St.					
SUN May 9 Class B	2:00 PM	City Park, Iowa City	25 approx	Barb Goff, 351-8609	North Liberty
Description: Mother's Day slow group ride to Bobber's Grill. The route will be at Barb's discretion so don't wander too far away ☺					
SAT May 15 (#1) Class C	10:00 AM	916 North Columbus St. (Hwy 6), West Liberty	40 approx	Joe Smith, 627-2274	Muscatine
Description: "The Pearl City Ride" to downtown Muscatine. Refresh and regroup at several downtown points of interest. Hope to meet up with Steve's self contained camping riders at various points. See Newsletter for details.					
SAT May 15 (#2) Class C	10:00 AM	Solon H.S., Solon	32	Gail Garwood, 337-5593	Ely, Czech Village (Cedar Rapids)
Description: Ride to Czech Village for Houby Days. Dining options in Czech village or nearby. Retrace route back through Ely or detour to Club Rd for a stop at Shuey's restaurant & Lounge or the Dry Dock.					
SUN May 16 Class B	9:00 AM	Irving Weber Elemen- tary, Iowa City	48	TBD	Wellman, Windham
Description: Out and back to Wellman through Frytown. In Wellman DJ's Casual Café is open until 2pm. Option stop at Black Diamond Roadhouse on return trip.					

May 2010 Ride Schedule continued

SAT May 22 (#1) Class C	9:00 AM	Napoleon Park, Iowa City	41	TBD	West Liberty, Hills
Description: Sand Road south then east on 520 th / F62 to West Liberty. Retrace back except go through Hills and return via the new widened pavement on Oak Crest Hill Rd. McCollister Blvd crosses the river to Napoleon Park.					
SAT May 22 (#2) Class B	7:00 AM	230 W Chestnut St, North Liberty	60	Steve Rudin, 626-6369	Amana, Marengo
Description: Breakfast ride to Marengo. Dine at Doose Café. See Newsletter for details and RSVP. Depart from Steve's house on 230 W Chestnut St.					
SUN May 23 Class B	9:00 AM	Waterworks Prairie Park, Iowa City	34	Rick Walton, 354-8090	Morse, West Branch
Description: Ride to West branch via Newport Rd and through Morse. From West Branch return to Iowa City via Herbert Hoover Hwy. Depart from the Waterworks Prairie Park trailhead parking lot on Dubuque St north of I-80.					
SAT May 29 Class C	9:00 AM	The Amana Depot, Amana	37	TBD	Norway, Blairstown, Middle Amana
Description: From Amana ride north for a few miles (Hwy 151) to Norway then west to Blairstown. Rolling hills south out of Blairstown precede scenic flat roads along the river returning to Amana. Stick around for the Middle Amana Renaissance Festival and Gathering o' Celts. 11AM – 6PM. \$10 admission.					
SUN May 30 Class B	10:00 AM	Best Buy Parking Lot, Coral Ridge Mall	36	Vicki Siefers	Oxford, North Liberty
Description: Take the trail south to pick up IVW road west Oxford then loop north to North Liberty. Stick around for the Liberty Centre Blues & BBQ Festival starting at Noon across 965 from the Community Center. From N Liberty take the trails south to Coralville back to Coral Ridge mall.					

May Wednesday Night Ride Schedule

DATE	MILES	DESCRIPTION
May 5 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 Lynn Rose at 341-7886.
May 12 5:30 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 Lynn Rose at 341-7886.
THURSDAY May 20 5:30 PM Mayor's Ride Iowa City	6 Miles Bike to Work Week	★★★★★ Please note: Mayor's Ride for BTWW is Thursday this year!! ★★★★★ This ride begins at the Chauncey Swan Parking Ramp in Iowa City and ends at the New Pioneer Co-op in Coralville. We ride as one large group through town past the dog park, and through Coralville. Food is served at the Co-op at the end of the ride. This is a point to point ride, so remember to make proper arrangements to travel safely home after the ride to the Co-op in Coralville.
May 26 6:00 PM Hills – West Amish Country Loop	28 miles	Meet at Hills School, just east of the 4 way stop. Your ride will take you into the intriguing Amish country. We will ride west on scenic country roads. Our ride will go through Sharon Center, Frytown and loop back. We will dine in Hills afterwards. For questions call Jan Stewart at 530-2396.

FULL MOON RIDE ON MAY 28



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 moonlight-rose44@gmail.com for any potential last minute changes or cancellations, including rain dates. The May full moon ride will be **Friday, May 28th at 8:00 PM from City Park**. See you then!

~Nick Maddix

Sunday, May 16

Breakfast/Ride At Geoff's -9:00am. Geoff's Bike and Ski, 816 S Gilbert, Iowa City. Breakfast at the shop, and a ride to follow.

Monday, May 17

Bike/Bus/Car Race

Start at Coralville Public Library at 11:50am. Everyone will depart for the Iowa City Public Library. Tom Gill (on bike), Mike Wright (in car) and Janelle Rettig (on bus, with a bike)

Wednesday, May 19

Ride of Silence

(see article on page 3)

Thursday, May 20

Old Pi to New Pi Ride

A Bike to Work Week tradition! 5:30pm. Start at Chauncey Swan Park, Iowa City and ride to New Pi in Coralville. Music, food, door prizes.

Friday, May 21

After-Work Gathering

Bike to Work Week will conclude with an after-work gathering at Vito's on the pedestrian mall in Iowa City. Bike parking is available at the pedestrian mall. Stop by on your trip home and celebrate a successful Bike To Work Week with your fellow bike commuters.

30th Century Bicycle Commuter Breakfast during BTWW, check blog for details- <http://30thcentury.wordpress.com/>

More information to be found on: www.b2wwic.org



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.

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!

MAY 2010

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JULY 25-31

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

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