



NOVEMBER/DECEMBER 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

FOOD, FUN AND FELLOWSHIP AT BIC HOLIDAY PARTY

Make new friends and celebrate the old at BIC's Annual Holiday Party on **Friday, December 10**. This year we're marking the occasion at Pleasant Valley Golf Course, 4390 Sand Road, Iowa City.

The festivities begin at 6:30 p.m. and dinner is served at 7 pm. The meal is \$21 per person and includes a choice of pork loin or chicken breasts with vegetables, potatoes, and a dinner salad—topped off, of course, with homemade pie! There

will be a cash bar.

The clubhouse offers a lovely venue for meals, easy access and parking and even a dance floor. Bring your dancing shoes!



Please RSVP and pay by Nov. 27. Send your check (payable to BIC) to Donna Hamm, 2480 Belmont Dr., Coralville, Iowa, 52241.

Pleasant Valley Golf Course is 2.5 miles south of Hwy 6 on Gilbert Street. For a

Google map to the clubhouse, go to <http://tinyurl.com/2dnxhmo>

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Hello RAGBRAI riders!

Remember that sign-up for next summer's ride begins on November 15th. Go to www.ragbrai.org, login, and choose to register 'with a team'. Choose BIC from the list of teams, then complete the application form. The total payment (Register fee + BIC fee will be announced soon) and your waiver need to be sent to me. You don't need to send anything directly to the Register. I'll send out a group email periodically to everyone who signs up for RAGBRAI and keep you updated. Sign up soon - first come, first serve!

Happy trails -
Karen Parrott
keparrott@mchsi.com

January/February 2011 deadline for submission to skdoak@yahoo.com is December 10, 2010.

PRESIDENT'S MESSAGE

Fellow BIC Members,

Some of us are drawing the 2010 cycling season to a close (while others of us just can't seem to quit)...I'll see those of you out on the road!

We've covered a lot of ground this year at BIC. Membership has remained steady, weekly ride participation is doing well (although we can always use more ride leader volunteers)!

The volunteer level was quite good at the Old Capitol Criterium and I look for a strong showing of BIC volunteers at the Jingle Cross this Thanksgiving weekend. I will send out one more reminder for that in a few weeks. We also had excellent participation on RAGBRAI and the Courage Ride. Again, we thank all the volunteers who participated and helped make these events a success.

One other very big change we made this year at BIC was joining ClubExpress. This service has greatly helped us control (and communicate with) our membership. We look forward to even more services and features from this subscription and trust you have seen the value of easy renewals through ClubExpress.

Finally, I want to thank the BIC board members who served during the past year. We have a dedicated and caring group who pays attention to a lot of details in their spare time. I applaud their service--BIC would not be the same without them. Thank you and I look forward to another great year.

Ride Safely!
-Nate



WINTER BIKE COMMUTING: 10 TIPS TO RIDE SAFE

By STEPHEN REGENOLD www.gearjunkie.com

Here are 10 tips to help you ease into the wintertime cycling scene:

1. Follow the plow

Unbeknownst to many summertime riders, bike trails are regularly plowed in many major metro areas. For example, in Minneapolis more than 50 miles of trail is plowed after a snow.

2. Ride straight

Believe it or not, the medium during most winter commutes is often the same dry pavement as in the summer. Sand, salt, sun and snowplows eliminate ice and snow from roads in the days after a storm. But for slippery stretches riders should slow down and stay loose. Brake only on the rear wheel to avoid spinouts on slick surfaces. And be prepared to take your feet off the pedals if the bike starts to tilt.

3. Watch out

Cars are less aware of bikers in the winter months. Ride defensively. "Make eye contact with drivers," said veteran commuter Dave Olson, a 57-year-old electrical repairman from Minneapolis who has commuted year 'round through blizzards and below-zero temps for 20 years. "Make sure you know they see you."

4. Choose the right ride

Don't use your \$3,000 LeMond or full-suspension mountain bike in the snow. Sand, salt and grit can destroy suspension and gears. Instead, go with an older bike you designate for cold-weather use, adding fenders, bright lights and winter wheels. Cyclists like Josh Klauck, a sales manager at Free-wheel Bike in Minneapolis, employ some of the best **single speed bikes** in the winter, as they have fewer moving parts and require less maintenance.

5. Cold and clean

Unless you plan to clean it off, keep your bike cold and store it in the garage. A room-temperature bike in new snow can cause ice to form on brakes and gears more easily. Keep your chain and gear cassette lubricated for best operation.

6. Go Studs

Carbide-studded tires can increase grip on snow and ice, and riders like David Mainguy, a 42-year-old psychotherapist in Minneapolis, swear by them. "Ever since I wiped out on black ice, I don't ride without them," Mainguy said of his \$50 Nokian brand tires.

7. Protect your core

Any outdoorsy person knows that layering is the key to staying warm and managing sweat in the cold. According to Klauck, the best configuration for biking includes a wicking base layer on top followed by an insulating fleece or similar mid-layer, then topped with a waterproof and windproof shell jacket. "That's good to 15 or 20 degrees for most people," he said. For the legs, Klauck skips the insulating layer on most days, going with long underwear topped off with a shell pant. "Some people wear bike shorts over long underwear, too," he said.

8. Heads up

Jacket hoods are a no-no, as air funnels in as you move, inflating a hood like a sail. Instead, riders like Mainguy and Ol-

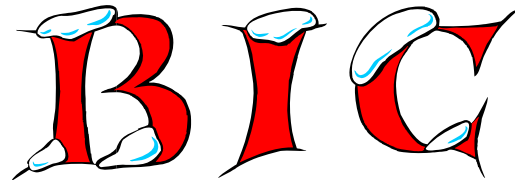
son wear balaclavas and sunglasses or ski goggles. "My eyes freeze without protection below 20 degrees," Mainguy said. Tight-fitting (but warm) fleece skull caps are popular. Top it off with a helmet, perhaps sized larger in winter to fit over all the insulation. "The key is to cover up all exposed skin while keeping your goggles from fogging," Mainguy said.

9. Warm hands and feet

Switch out gloves for mittens or bifurcated "lobster"-style handwear, which keep fingers close together and warmer. Winter boots, not bike shoes, are best for the coldest days, but use platform pedals with aggressive tread for good grip as you crank. Above 20 degrees, many riders get away with bike shoes, employing neoprene covers to add insulation and buffer warm air. Some companies, notably Lake Cycling, sell winterized (read: insulated) bike shoes compatible with clip-less pedals.

10. Use public transit

Many metropolitan trains and public busses allow bikes, letting riders surrender on the worst days and hop a ride home. Bike near a bus route and you have bail-out points should the commute prove too long or laborious in the snow.



BIC BOARD MEETING MINUTES

September 21st, 2010

Submitted by Mary Copper

Present: M. Copper, D. Hamm, B. Goff, T. Erickson, N. Van der Weide, B. Oppliger, K. Parrott, S. Doak, Guest: Anne Duggan

President: N. Van der Weide opened and led the meeting.

Co-Vice President: Hamm opened a discussion about the December Holiday party and provided information she had gathered about caterers and venues. She provided information about costs, menus and availability on approx five places. The decision was made to choose Pleasant Valley Golf Course if the date was still open.

RAGBRAI: K. Parrott stated that registration for RAGBRAI 2011 with BIC would open mid November. There was also a general discussion about raising fees and charging a handling fee or a non-refundable portion of the fee for cancellations. She also commented on how well the "fee for tent set up" service worked out; having a crew of six helped with this. Parrot commented on the effectiveness of paying for an assistant to help with pre-RAGBRAI tasks.

Safety and Education: Oppliger updated the board on the bike maintenance classes to be held at the bike library, they are not yet scheduled. He informed the board of the search for bike friendly businesses and wanting to have a bike friendly campus.

Publicist: Copper reported on the BIC e-mail account and the management of incoming mail.

Touring: T. Erickson reported that there were 375 e-mails sent to secure ride leader volunteers, with only 5-6 replies. General discussion ensued about the difficulty in securing ride leader volunteers, how to recruit volunteers and ways to market the rides.

BICYCLE Post Editor: Doak proposed a BIC weekend fall ride for 2011 on the Root River and Harmony-Preston Valley State trails in Southeast Minnesota. She said she would be willing to organize the ride if there was interest and relayed to the board various options for camping or other accommodations near Lanesboro, MN.



November 2010 – March 2011 Off-Season Ride Schedule

All riders must wear helmets to be considered part of the BIC ride.

All off-season rides are Show 'n Go Rides. Riders meet up at the starting point at **NOON (12:00 PM)** and decide on a route. A ride leader may be designated as well. A selection of maps is available from the BIC website at <http://www.bicyclistsofiowacity.org/Routes-Maps.html> Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures.

Saturdays Napoleon Park, I.C	Sundays West High, Iowa City
Nov 06	Nov 07
Nov 20	Nov 21
Dec 04	Dec 05
Dec 18	Dec 19
Jan 01	Jan 02
Jan 15	Jan 16
Jan 29	Jan 30
Feb 12	Feb 13
Feb 26	Feb 27
Mar 12	Mar 13
Mar 26	Mar 27

Saturdays Herky St., North Liberty	Sundays N. Dodge Hy-Vee, I.C.
Nov 13	Nov 14
Nov 27	Nov 28
Dec 11	Dec 12
** NO RIDE **Dec 25	** NO RIDE **Dec 26
Jan 08	Jan 09
Jan 22	Jan 23
Feb 05	Feb 06
Feb 19	Feb 20
Mar 05	Mar 06
Mar 19	Mar 20

2011 weekend ride season begins Saturday, April 02



COURAGE RIDE 2010

Dear BIC Members:

Another beautiful, fun-filled Courage Ride has come and gone. It was a very memorable day with great music, good food, and a host of ambitious volunteers including some special ones from the North English Farmers Lodge and some very enthusiastic Millersburg residents.

On behalf of the Courage Ride Steering Committee, I want to personally **THANK YOU** for your continued support in whatever capacity you served. With your help we raised over \$35,000 with the proceeds being donated for cancer research at The University of Iowa Holden Comprehensive Cancer Center. The Courage Ride has been raising funds through this annual bike ride in honor of Seth Bailey who died in 2003 of synovial sarcoma at the age of 25. Seth's family and friends began this fundraiser and joined forces with BIC in 2006 which has raised over \$200,000 for cancer research.

Please mark your calendar for next year's Courage Ride which will be held **August 27, 2011**. Again, THANKS for your outstanding support and I'll be looking forward to it again next year.

Steve Rudin

THANK YOU DEVOTAY!

Thanks to Kim and Kurt Friese for hosting another fabulous fall 3-D (Delightful, Delicious, Devotay) ride and brunch. It was a picture perfect fall day for our ride, and as always, the buffet was a wonderful variety of freshly prepared entrees. I'd also like to mention that after my black arm warmers were accidentally left behind, wrapped up in the black napkins, I received them back fully laundered and folded. This is indeed a full service restaurant!

Thank you!
Jan Stewart



I have a lightweight Byer camping cot which I no longer use. Mine is very similar to the one pictured here. Free to anyone who might want it for RAGBRAI. Call Jan Stewart at 319-338-2396.



DREAMING OF A ~~WHITE~~ BICYCLE TOUR IN 2011

Instead of dreaming of a white Christmas, are you dreaming of doing a 'big' bicycle tour in 2011? Check out this short list of the many bike tours offered across America, from the Midwest to states beyond.

Bike Florida "Florida's Eden"

March 26-April 1, 2011

Gainesville, High Springs, Newberry, Micanopy

<http://www.bikeflorida.org>

Cycle Zydeco

April 27—May 1, 2011

<http://www.cyclezydeco.com>

BRAN-Inc—Bicycle Ride Across Nebraska

June 5-11, 2011 (31st year)

<http://bran-inc.org/wp/>

Oklahoma Freewheel

June 12-18, 2011 (33rd year)

<http://www.okfreewheel.com>

TRIRI-Touring Ride in Rural Indiana

Spring Mill Bicycle Rally: June 12-15, 2011

Clifty Falls Bicycle Rally: August 14-17, 2011

<http://www.triri.org/>

GOBA—The Great Ohio Bicycle Adventure

June 18-21, 2011

<http://www.goba.com>

Bike Northwoods Tour

July 9-15, 2011

<http://www.bikewisconsin.com>

Washington Bicycle Ride

July 24 - July 29, 2011

Dallasport - Trout Lake - Cougar - Blue Lake Park (Fairview, OR) - Columbia Gorge Scenic Highway - Dallasport

<http://www.oregonbicycleride.org/>

Great Big FANY Ride-Five Hundred Miles Across New York

July 24-30, 2011 (11th annual ride)

<http://www.FANYride.com>

Schramm's Annual Great Bicycle Ride Across Wisconsin

(SAGBRAW) July 30-August 5, 2011

<http://www.bikewisconsin.com>

Oregon Bicycle Ride

25th Anniversary Celebration!

August 7 - August 13, 2011

Albany - Brownsville - Sweet Home - Silver Creek Falls - Cham-poeg State Park (Newberg) - Albany

<http://www.oregonbicycleride.org/>

LMB 25th Anniversary Shoreline West Tour

9 day: New Buffalo—Mackinaw City, MI

6 day: New Buffalo—Traverse City, MI

3 day: Traverse City—Mackinaw City, MI

August 6-16, 2011

<http://www.lmb.org>

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: 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 2nd Member _____

- Please do not release my name or address to other businesses or organizations.
 Please "Go Green" and receive 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 <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 **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! Please indicate your interests as they relate to your BIC membership.

- Corner Marshall
Corner Marshalls are responsible for protecting areas on a bike race course where pedestrians might cross. Typically, a 2-hour commitment is required.
- Ragbrai®
I am interested in participating in RAGBRAI with BIC. Your BIC membership must be active on (or before) January 1 of the year you plan to participate.
- Courage Ride
I am interested in volunteering for the Courage Ride. This is a cancer fund raiser to help cure cancer.
- Writing
I am interested in writing an article(s) for the BIC newsletter.
- Advocacy
I am interested in helping BIC with bicycling advocacy issues in Johnson County. You may be needed to attend a meeting or write a letter to a local politician. No speaking engagements required.

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. Application form is inside or renew online by going to www.bicyclistsofiowacity.org.

NOVEMBER/DECEMBER 2010

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*Happy Thanksgiving
and Happy Holidays
to all BIC members!*



WWW.BICYCLISTSOFIOWACITY.ORG