OCTOBER 2010

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

DEVOTAY RIDE ON OCTOBER 17TH

Extra, Extra, Extra Special 3-D Ride

Mark your calendar now!

Date: Sunday, October 17

Time: 9:30 AM Sharp

Ride Start: 117 North Linn St. (Devotay Restaurant)

Ride Leader: Jan Stewart

Join us for a fall 3-D (Delightful, Delicious, Devotay) event. We will ride from Devotay down Sand Road to Hills, stopping at Casey's, if desired, then do the Sharon Center loop (~35 miles). We will then return to the Devotay restaurant for a wonderful buffet starting at 1:00 PM.

We will only be accepting reservations for the first 35 people to RSVP. Our wonderful hosts, Kurt & Kim Friese, will treat us to a specially priced buffet for only $8. This is the real deal! Please **RSVP by October 11** to Jan Stewart at 319-338-2396 or janbike56@gmail.com.

Should we have inclement weather that day the ride will be cancelled, but the dining will take place as planned. **THANK YOU** Kim & Kurt for this wonderful opportunity to enjoy a very special day.

PARTY (AND BIKE) WITH THE PREZ

Friday, October 15, 2010, 6 pm

Meet at Los Portales restaurant, 1402 S. Gilbert St., Iowa City (park at Hills Bank and Trust across the street)

Before the snow flies, let's bike with BIC President Nate Van der Weide down to Hills and back to Los Portales. We'll do the Hills loop, taking Sand Road to Hills, then Oak Crest Road SE to South Riverside Drive, turning right on McCollister Blvd., back to Sand Road (left) and Los Portales on S. Gilbert Street.

Bring lights and blinkies and listen to the tunes hauled by the Prez!

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Mark Your Calendar!

BIC's Annual Holiday Party will be held on Friday, December 10, 2010, at Pleasant Valley golf course, south of Iowa City. More information in the November/December BIC Post!

November/December BIC Post deadline for submission to skdoak@yahoo.com is October 15, 2010.

BIC BOARD MEETING MINUTES

August 17, 2010

Submitted by Mary Copper

Present: M. Copper, D. Hamm, D. Berkowitz, B. Goff, T. Stewart, J. Stewart, T. Erickson, N. Van der Weide, Bob Oppliger

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

Co-Vice President: Berkowitz discussed the October general meeting and the upcoming BIC board elections. He led an open discussion about potential speakers and the need to choose a venue for the meeting. Having the meeting once again at Gus' in Coralville was strongly favored due to the price of the meal and the large room for groups with AV equipment. Berkowitz also reminded the board to select BIC members for a nominating committee prior to the October election. Berkowitz informed the board that they would need to recruit another co-vice president as his increasing work responsibilities and commitments would not allow him to continue.

(There was a collective audible response at this point as the board members were expressing disappointment in losing Dan as a board member. We understand his need to remove himself from the board and greatly appreciate all of the time he has given to BIC.)

Co-Vice President: Hamm opened a discussion about the December Holiday party and solicited several ideas for caterers and venues. Hamm will follow up on four or so of the suggested places and caterers to check prices and availability. The discussion also included dates to hold the event as well as establishing price ranges. Hamm will obtain information and report back to the board.

Treasurer: T. Stewart provided an "income/expense by category" sheet with entries for each month since 3/1/2010 and up to 7/31/2010 with overall totals. He also provided a balance sheet with a five year comparison for the board to see the decline in balance after several years of many community donations. There is a healthy balance but the board was reminded to be mindful of the amount of donations that are dispersed, and again, to set some criteria and a budget for annual committed donations and other donations that are requested periodically from BIC. Discussion ensued as board members expressed the need to remain cognizant of BIC's mission statement when reviewing and approving requests for donations. T. Stewart stated that BIC continues to break even overall with the budget remaining stable. Stewart reported that RAGBRAI expenses were higher this year and that we lost over $2,000, the exact amount not yet known. He provided a RAGBRAI comparison sheet of 2009 to 2010, illustrating the higher costs this past year. There were several suggestions made by board members to reduce some of the expenses. Comments, concerns and suggestions from RAGBRAI riders were shared with the board. The board discussed each comment, adding their own comments from their experiences, and planned to address concerns next year to improve the BIC member RAGBRAI experience.

Membership: J Stewart reported that the online membership renewal through Club Express is working out well. She is still "fine tuning" the new process and working "to get the bugs out", but overall is very pleased with the efficacy of the system. Membership numbers are increasing with a total of 506.

In-state family memberships = 276.

In-state individual memberships = 176.

Out of state family memberships = 26.

Out of state individual memberships = 27.

There are four honorary memberships.

There were 37 new memberships added in just the last six weeks.

RAGBRAI: K. Parrott was absent but provided the board with a list of the comments that she had received directly from RAGBRAI riders. There were other comments as well that were sent to BIC board members. All comments will be collected and considered. The BIC board expressed appreciation for membership feedback.

Safety and Education: Oppliger inquired about board interest in BIC hosting a hands-on bike maintenance class that would be taught by mechanics in the bike library with proceeds to benefit the bike library. The board consensus was that there would be a membership interest in attending a bike maintenance class. Oppliger informed the board that there were new lavender and yellow signs placed in the community indicating that Iowa City is designated as a bike friendly community. The signs were placed by the City of Iowa City and were presented to the community by the League of American Bicyclists. There was also a discussion about the best placement for sharrows—left turns? or right turns?, with divergent views expressed—overall the consensus was *that we need both!*

Kris Ackerson from the City of Iowa City was contacted via phone call after the meeting; he reported that the locations for the four news signs are; on Melrose Ave near West High School, on Rochester near Scott Blvd, on South Gilbert near Napoleon Park and in front of the Bike Library on College Street.

Publicist: Copper commented on the decision to have Brian Morelli accompany the BIC RAGBRAI group as a guest, noting the high volume of press that BIC members and other area cyclists received via stories, photos and his daily blog. It was acknowledged that waiving the BIC fee for the Morellis to ride with BIC was a beneficial value due to the increased exposure of BIC in the community and the promotion of cycling in general.

Touring: T. Erickson continues to secure ride leaders for the remaining biking season. There are still slots open and BIC members are encouraged to contact Erickson to volunteer. Erickson also discussed several new fall rides that he was planning that include a midnight century as well as a couple of self-contained rides.

(minutes continued on page 5)

October 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 Oct 02 Class B	10:00 AM	Herky Street, North Liberty	34 / 50	TBD	Amana
Description: Oktoberfest in the Amana Colonies. The short route is a simple out and back to Amana on 250th St, Hwy 6 and 151. The longer route includes an additional 16 mile loop to West and South Amana to help work off all that schnitzel. Millstream opens at Noon. Details of Oktoberfest activities at http://www.festivalsinamana.com/oktoberfest.html **Map:** Link updated to online or printable map when available					
SUN Oct 03 Class B	10:00 AM	West H.S., Iowa City	54	TBD	Williamsburg, Parnell, Windham
Description: Route takes Melrose / IWV Rd out to Williamsburg. Then Hwy 149 South to Parnell. From Parnell return on F52 / Black Diamond Rd through Holbrook and Windham. Continue on Rohret Rd past Weber Elementary. Take Mormon Trek (adjacent trail) or Shannon Dr and trails to get back to West H.S. **Map:** http://www.bicyclistsofiowacity.org/Maps/Irv-Weber-West-Hi-Parnell-Williamsburg-54-mi.pdf					

SAT Oct 09 Class B	10:00 AM	North Liberty Community Center, North Liberty	40	Sharon Doak 319-631-8152 cell	Solon, Swisher
Description: Cedar Ridge Vineyards tasting. Route takes Sugar Bottom road to Solon. Then from Solon take Ely Rd up to F12 then head West through Shueyville. South one mile on Hwy 965 (new wide shoulder) the Winery & Distillery is on Marak Rd (gravel) at the intersection with Hwy 965. Retrace the route to return. If prefer can also return by heading south on Hwy 965 for 7 miles, but the new wide shoulder only goes about 2 more miles. At the intersection of Hwy 965 and F12 there will still be unfinished road work closing Hwy 965 to the North and probably some restricted width lanes in other directions. **Map:** Link updated to online or printable map when available					
SUN Oct 10 Class A	10:00 AM	Napoleon Park, Iowa City	57	TBD	West Liberty, Nichols, Lone Tree
Description: 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 **Map:** http://www.bicyclistsofiowacity.org/Maps/ICity-WLiberty-Nichols-LoneTree-57mi.pdf					

October 2010 Ride Schedule continued

SAT Oct 16 Class B	10:00 AM	North Liberty Comm. Center, North Liberty	42	TBD	Swisher, Amana
Description: Swisher Amana loop. Return in time for later events at Bobbers Cross II. Route takes Hwy 965 to Swisher then West on F12 to Hwy 151. 5 miles on 151 South to Amana. From Amana take 151, Hwy 6 and 250th St back to North Liberty with some suburban detours roads east of I-380 to avoid riding on a busy Penn St. Bobbers Grill at the end of Scales Bend Rd is hosting Cyclo-Cross races until about 5PM. Sounds like a good spot to have a post ride lunch and relax. **Map:** Link updated to online or printable map when available					
SUN Oct 17 Class B	09:30 AM	Devotay, 117 N. Linn St. Iowa City	38	Steve Rudin 626-6369	Hills, Sharon Center
Description: This is the scheduled Fall Devotay ride event. Please see the newsletter article for all the details. Route takes Sand Rd to Hills. From Hills head West for the Sharon Center Loop then return to Devotay. Can take Oak Crest Hill Rd or Sand Rd back from Hills. **Map:** Link updated to online or printable map when available					

SAT Oct 23 Class C	10:00 AM	North Liberty Comm. Center, North Liberty	23	Mark Stinski	North Liberty
Description: Sugar Bottom Loop. Route starts out on Mehaffey Bridge Rd and loops around the reservoir. Will take Prairie Du Chien to Linder Rd and a short stint on the trail along Dubuque St before connecting to trail along-side Oakdale Blvd. Through Oakdale Campus continue north on the trail paralleling 965 back to the Community Center. Should have some good fall foliage along Sugar Bottom Rd if the weather has behaved. **Map:** Link updated to online or printable map when available					
SUN Oct 24 Class B	10:00 AM	Scott Park	53	TBD	Downey, West Branch, Springdale, Morse
Description: Route takes American Legion Rd then X30 North through Downey to West Branch. From West Branch head East through Springdale, North through Cedar Valley then West through Morse. Return on Newport Rd to Prairie Du Chien then Scott Blvd. It is about 38 miles from West Branch through Morse back again to Scott Park so be sure to leave West Branch with full water bottles! If choose to just head north out of West Branch on X30 to Morse subtract 13 miles. Those long hills near Cedar Valley should give some good fall vistas. **Map:** Link updated to online or printable map when available					

SAT Oct 30 Class C	10:00 AM	Napoleon Park, Iowa City	41	TBD	Hills, Frytown
Description: Amish Country Loop. Route takes Sand Rd to Hills. From Hills head west to Frytown. Loop back on Angle Rd to return west on 540th St past the Cheese Factory. Can make it 10 miles shorter if begin the loop back instead at Sharon Center (but will miss the cheese factory). Pit stop option in Hills. Return on Oak Crest Hill Rd. **Map:** http://www.bicyclistsofiowacity.org/Maps/IC-Amish-Loop-fr-Napoleon-Pk-41mi.pdf					
SUN Oct 31 Class B	12:00 Noon	North Liberty Comm. Center, North Liberty	30	TBD	Solon, Sutliff
Description: End of the season ride to Sutliff. We'll ride out to Sutliff Tavern to relax and tell tall tales about the big rides that got away. The route will pass by the Solon H.S. so if prefer to start (and finish) there, the riders from N. Liberty will start coming by after 12:30. It's not a long ride, but if you want to hang out a bit then it would be worthwhile to bring some lights as sunset is around 5 PM. **Map:** Link updated to online or printable map when available					

BIC BOARD MINUTES CONT.

Courage Ride-BIC Representatives: T. Erickson reported on the Courage Ride that will take place in late August. Board members discussed the earlier date and lower rider enrollment numbers to date, commenting that the numbers seem to be low each year until riders know the weather forecast. There was some general discussion about wanting to encourage BIC members to attend and support the ride.

Special Events Coordinator: Rudin was not present for this meeting but information was provided about the annual potluck picnic that will take place at the Sutliff Cider Company, 328 Sutliff Road near Lisbon on Sunday, September 26th beginning at 12:00 NOON. There will be an afternoon ride option. The board expressed appreciation for Rudin's continued enthusiasm and efforts to plan special events for the BIC membership.

BICYCLE Post Editor: Doak was not present for this meeting but she will do the labeling, postage, etc at home to get the newsletter out for members who elect to receive the printed newsletter. It was commented on in general among the board members that the electronic newsletters were not only a "green" benefit, but that it also saves the club money and the volunteer board members time.

Old Business: none

New Business: Erickson raised the question of who would be monitoring the BIC e-mail account noting that there were several e-mail messages awaiting a response.

BIKE FOR SALE

Trek 2200 Road Bicycle for Sale
Frame: Alpha SL aluminum frame - Superlight, large diameter tubing
Fork: Bontrager Race OCLV Carbon Fork
Wheels: Bontrager paired spoke technology
Spec: Shimano Ultegra/105- 9 speed shifting double chainring
Accessories: Water bottle cage, Odometer, Shimano Pedals
Made in Waterloo Wisconsin, USA
$850.00 Phone:319-624-2845/319 541-2226

John de Salme

BIC BOARD ELECTIONS & WESTERN U.S. BIKE TOUR

Please join us on **Wednesday, October 20**, when BIC holds its annual board election meeting.

Besides the election, long-time BIC members **Dick Siefers** will present a slide show talk about a self-contained Western U.S. bike tour with his daughter. Dick began the tour in Oregon and headed east…don't miss the meeting to learn about the territory he covered and the adventures he encountered.

The location for our meeting is once again **Gus' Food and Spirits**, 2421 Coral Court, Coralville. **Arrive by 6:00 p.m.** to place your order and to enjoy a social hour with appetizers provided by BIC. There will be 6 entrees to choose from, priced around $10.00, including non-alcoholic beverage and tip. **RSVP to vice president Donna Hamm by Oct. 13th** at donnaghamm@msn.com or 319-351-3664.

This year's ad hoc nominating committee is chaired by Mark Stinski, along with committee members Tom Ray and Kathy Sharp. The committee submits the following list of names as candidates for the 2010-2011 BIC executive board:

President: Nate Van Der Weide

Co-Vice Presidents: Donna Hamm & Anne Duggan

Treasurer: Todd Stewart

Secretary: Rick Walton

BIC members are also encouraged to make nominations from the floor.

In addition to these elected positions, *appointed* board positions and the BIC member currently in these posi-

Publicist	Mary Copper
Membership Director	Jan Stewart
RAGBRAI Coordinator	Karen Parrott
Touring Coordinator	Todd Erickson
Wednesday Evening Ride Coordinator	Lynn Rose
Thursday Leisure Ride Coordinator	Barb Goff
Special Events Coordinator	Steve Rudin
BIC Post Editor	Sharon Doak
Education & Safety Advocate	Bob Oppliger
Courage Ride Representatives	Steve Rudin Jan Stewart Todd Erickson Donna Hamm

CYCLING AND DOGS DON'T ALWAYS MIX!

Dogs present a hazard because of their unpredictable behavior. While they usually don't bite cyclists, they inadvertently can strike or run into a moving bicycle, causing a fall. A dog minding its own business up ahead might decide to give chase or just cross the road at the wrong time.

Some cyclists try to outrun dogs and some cyclists slow down. Dogs may distract them from watching where they are going. If you are riding in a group, warn the others of dogs immediately upon seeing them in order to give your companions time to plan their actions without emergency maneuvers. Shout "Dog up!" "Dog left!" "Dog right!" as appropriate.

Dogs are very territorial. If you can get beyond the dog's property line without difficulty before it gets to you, go ahead.

If the interaction is unavoidable, stop and put your bike between you and the dog as a shield. As the dog approaches, assess its demeanor. If it is wagging its tail and obviously friendly, then speak to the dog in an inviting tone with phrases such as "Good dog." If the dog is charging, growling and appears unfriendly, shout in the loudest, most authoritarian voice you can muster. Use short sentences such as "Sit!" "Stop!" and "Go home!"

If you see a person in the yard where the dog came from, ask that she or he control the dog while you continue on your way. Most dog owners realize that they are responsible for their animals and that the animals must be in control at all times.

When a dog gets into the road and causes injury and/or property damage, usually the owner is liable. If you are injured, make sure you talk with the owner and get his or her name and contact information. If the person owns a home, you also should ask for the homeowner's insurance information. That insurance typically covers dog attacks, according to http://ohiobikelawyer.com/.

A bicyclist in Maine came up with an ingenious way of dealing with dogs. She had several unpleasant encounters while biking on rural roads in the 1970s and 1980s, before there were strong leash laws.

She used some of the tips such as those in this article, and they mostly worked. But a few pesky mutts just didn't respond to her very loud commands. She tried squirting the aggressive pooches with her water bottle and that didn't work very well.

She also tried discussing the situation with a few of the owners. They were uncooperative. They told her that there wasn't a law against their canines roaming freely, especially in such a rural area.

Out of desperation, she came up with her own remedy. She carried a squirt gun with cheap perfume mixed with water. When the belligerent barkers attacked, she'd shoot a few squirts of the mixture in Fido's face. There rarely was another assault.

If you encounter a deer or cattle (yes, Todd, this includes bulls) that are roaming outside of their fenced pasture alongside the road, keep in mind that these large creatures have a history of suddenly darting out into the road right in front of cyclists as well as other drivers. It is best to slow down or stop and wait until they aren't near the road any longer before proceeding with caution.

More information is available from the League of American Bicyclists: www.bikeleague.org.

Editor's note: Reprinted from the *Maine Cyclist*, the official newsletter of the Bicycle Coalition of Maine, summer 2010.

That's all folks!

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

OCTOBER 2010

BIC Executive Board & Executive Committee

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Donna Hamm

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Halloween Mountain Bike Ride on Friday, October 29 at Sugar Bottom bike trails.

Sponsor Geoff's Bike and Ski will be there at 6:30 pm and serve dinner at 8 pm (chili!). People can ride before or after dinner.

The access road gates will be open, so you can drive up to the shelter area, however there is no camping at the shelter area at Sugar Bottom. Camping will be allowed in the actual camp ground area, but there are no facilities open at this time of the year.

Geoff's will have a variety of light & motion headlights for people to demo at the ride.