



APRIL 2011

# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## SPRING DEVOTAY RIDE — APRIL 17



Date: **Sunday, April 17**  
Time: **9:30 AM sharp**  
Ride Start: 117 North Linn St. (Devotay Restaurant)  
Ride Leader: Steve Rudin

Please join us for a very special 3-D (Delightful, Delicious, and Devotay) event. We will start with a bike ride and conclude with a wonderful buffet that will appeal to anyone who enjoys fine dining. The ride will take us down Sand Road to Hills. We will stop at Casey's, if desired, then do the Sharon Center loop (approximately 35 miles). For those who wish to do more they can also do the Angle Road loop. We will then return to the Devotay Restaurant for the buffet starting at 1:00 PM. We will only be accepting reservations for the first 35 people to RSVP. Our wonderful hosts, Kim and Kurt Friese, will treat us to a specially priced buffet for only \$8.00. **Please RSVP by April 12** if you are planning on participating or have any questions. I can be reached at (319) 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net).

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

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### Mark Your 2011 Calendars:

May 1	Old Capitol Criterium
May 5	Cinco de Mayo ride
May 28-29	MARVulous Memorial Weekend ride
June 11-12	TOMRV, QCBC
June 11-12	Mississippi River Trail Ride
June 25	University of Okoboji Campus ride
July 4	BIC's 4 <sup>th</sup> of July Breakfast ride to Amanas
July 16	Tour de Brew, Amana
July 24-30	RAGBRAI
August 20	Kurt Friese BBQ Ride
August 27	Courage Ride
Sept. 3	HBA Swine Trek
Oct. 1-2	BIC Root River & Harmony-Preston Valley trail ride

May 2011 deadline for submission to [skdoak@yahoo.com](mailto:skdoak@yahoo.com) is April 14, 2011.

## RIDE TO YOUR BREAKFAST

**April 30 8:00 AM**

I would like to invite you to an early morning breakfast bike ride on **Saturday, April 30**, starting at 8:00 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](mailto:chaserudy@southslope.net) by Thursday, April 28.  
~Steve Rudin



## APRIL TUESDAY MORNING RIDES

The 2011 Tuesday rides will begin April 5 and continue through October 25 (weather permitting). **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: April – City Park; May – North Liberty Recreation Center; June – Napoleon 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](mailto:Heffron_M@yahoo.com)).



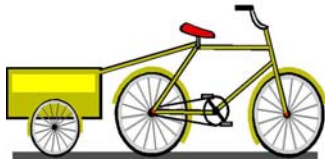
## KATY TRAIL BAGGER TRIP



Come one come all! Joel Pickar and Steve Rudin are planning a fall bagger trip. We will be touring the entire Katy Trail, all 225 miles of fun and adventure, from Clinton, IA to St. Charles, MO.

The date for this trip will be October 8–16.

We would like to extend an invitation to anyone who is interested. Please contact Steve Rudin at 626-6369 or chaserudy@southslope.net, if you have questions.



## BIC BOARD MEETING MINUTES

**February 15, 2011** Submitted by Mary Copper.

**Present:** M. Copper, D. Hamm, D. Berkowitz, S. Doak, B. Goff, T. Stewart, J. Stewart, T. Erickson, N. Van Der Weide, A. Duggan, B. Oppliger

**President: Nate Van Der Weide:** A general discussion ensued about offering complimentary/thank you memberships to individuals who are donating significant volunteer time to keep BIC operating, such as: Exec. board members, ride coordinators, Courage Ride Committee members, RAGBRAI coordinator, or other ongoing volunteer positions. The consensus was to not pursue this when the issue was raised that this would require a General Membership vote.

**Membership: Jan Stewart** General membership status report, BIC currently enjoys a total number of 537 members!

**Secretary: Rick Walton** Mary Copper recorded the minutes in Rick's absence.

**Vice Presidents Donna Hamm / Ann Duggan:** Presented all scheduled rides and events to be added to the BIC calendar, discussion of dates for the RAGBRAI planning meetings.

**Treasurer: Todd Stewart** provided an "income/expense by category" sheet with entries for each month since 10/01/2010 to 1/31/2011, and also presented the board with a healthy balance sheet report as of 1/31/2011.

**Touring: Todd Erickson** Opened discussion regarding changing how rides are described along with better explanations about ride difficulty, providing many ideas for updating versions of how the rides are posted. Extensive discussion about how to manage the BIC online calendar—making it more user friendly, and maybe interactive, may include listing rides separately from other events and deadlines. The Google calendar has limited capacity, will explore Club Express calendar. Overall he is seeking a comprehensive calendar solution.

Regarding the 2011 weekend ride schedule, Todd is exploring some different schedule layout options rather than posting on line the 2-3 page pdfs that go into the newsletter. Will be keeping the same details but looking at a continuous multi month listing on a single page. He is also evaluating the Ride leader guidelines and a section for those.

Todd is evaluating options of summarizing the ride classification system; the route physical features, distance, and rider fitness level, for rating rides other having a 3 tier system (A B C). He is working toward a classification that is simpler, more direct and informative, plus more flexibility in describing distance, terrain and expected rider fitness level. Todd revealed to the board that his inspiration is the ride leader notes and road and mountain ride systems used by Team Evergreen.

He also revealed that he is planning some Sunday Brunch Rides, 1 Sunday per month. Steve Rudin already has one on the schedule to Red's Ale House in May.

**Editor: Sharon Doak** General board discussion about having newsletter stories after some BIC events to report on events such as the Bike Expo and the Hot Chocolate ride, etc.

**Publicity: Mary Copper** Sent information to the papers to promote the BIC bike expo, nice promo piece in the Press Citizen was reported by board members. Proposed using the BIC newsletter and Facebook page to promote and communicate to members BIC cross country skiing events for winter 2011-2012. Perhaps having a standing plan for good snow days, similar to the BIC show and go winter ride schedule. Last minute snow plans can be communicated via Facebook.

**Advocacy: B. Oppliger** Opened discussion about offering a donation to the Longfellow school bike rack project. The proposal is to match contributions to the funding campaign by BIC members up to \$50, i.e. the school would net \$100. It would be the schools responsibility to advertise BIC's offer, BIC would not provide names from our membership list, however, someone could join BIC when they made their contribution to the school and BIC would match their gift.

**RAGBRAI:** K. Parrott was absent but the board was informed that RAGBRAI enrollment is filling up.

**Courage Ride-BIC Representatives:** Copper reported that the committee will meet March 7<sup>th</sup> at 6:00 pm in the Clifton Conference room in the Medical Research Center at UI Healthcare where the committee will hear presentations from the researchers about how the funds raised are used.

## LONGFELLOW SCHOOL BIKE RACK FUNDRAISING

Longfellow Elementary School PTO is soliciting donations to install new bike racks at the school. Bicyclists of Iowa City will match donations by BIC members up to a total contribution of \$100 from the membership. Donations for the Longfellow Elementary School bike rack may be mailed to:

Longfellow Elementary School

1130 Seymour Avenue

Iowa City, Iowa 52240

Attn: Margie Peskin, PTA treasurer: Bike Rack Fund

Please identify yourself as a BIC member when you make the donation.



# April 2011 Ride Schedule

Ride Classification System (Flatter = Faster)		
<b>Class A</b>	Advanced, 45 to 100 miles	15-20+ mph
<b>Class B</b>	Intermediate, 25 to 65 mi.	12-17 mph
<b>Class C</b>	Casual, 15 to 40 miles	10-15 mph

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

Check <http://www.bicyclistsofiowacity.org/Rides.html> for ride cancellations or alterations at least 12 hours before ride start time, or contact Todd Erickson at 270-4969, e-mail: [t Erickson@yahoo.com](mailto:t Erickson@yahoo.com). Rides yet without a 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 Apr 02 Class C	10:00 AM	North Liberty Commu- nity Center	18	Mary Copper 430-7169	Swisher, Cedar Ridge Winery
<p><b>Description: North Liberty to Cedar Ridge Winery:</b> Today's route is essentially a mostly flat out and back to Swisher on 965 from North Liberty. On the way north will take a little detour through "downtown" Swisher then take the new widened 965 south to the winery. Cedar Ridge Winery is on Marak Rd two miles south on 965. From Cedar Ridge return on 965 to North Liberty.</p> <p><b>Map:</b> <a href="http://www.bicyclistsofiowacity.org/Maps/NLiberty-Solon-Shueyville-Loop-27mi.pdf">http://www.bicyclistsofiowacity.org/Maps/NLiberty-Solon-Shueyville-Loop-27mi.pdf</a> (generic regional)  <b>Map:</b> <a href="http://classic.mapmyride.com/route/us/IA/North%20Liberty/750129988561723698">http://classic.mapmyride.com/route/us/IA/North%20Liberty/750129988561723698</a> (route specific)</p>					
SAT Apr 03 Class C	10:00 AM	North Dodge St. HyVee, Iowa City	31	Rebecca Donovan	Morse, West Branch
<p><b>Description: Morse - West Branch loop:</b> Route takes Prairie Du Chien and Newport Rd to Morse then heads south to West Branch. Then take Herbert Hoover Hwy back to Iowa City and Scott Blvd to return to the start. Expect rolling hills all the way.</p> <p><b>Map:</b> <a href="http://classic.mapmyride.com/route/us/IA/Iowa%20City/508129989377191109">http://classic.mapmyride.com/route/us/IA/Iowa%20City/508129989377191109</a></p>					

SAT Apr 09 Class C	10:00 AM	Herky St, North Liberty	25	Todd Erickson 270-4969	Tiffin, Oxford
<p><b>Description: Tiffin - Oxford Loop Joint HBA Ride:</b> This is the ever popular loop of Tiffin and Oxford. This will be a joint ride with Hawkeye Bicycle Association so expect to see a few new faces. The route will go through Tiffin first then on to Oxford. The plan is to stop in Oxford for lunch at Old Roy's or Augusta's then return to Herky St. I am considering tacking on some extra 15 - 25 miles after the official ride to give some HBA riders a tour of the trails in Coralville and North Liberty then winding down afterwards at Reds Alehouse. But we'll see how the day goes.</p> <p><b>Map:</b> <a href="http://classic.mapmyride.com/ride/united-states/ia/north-liberty/696127086674523246">http://classic.mapmyride.com/ride/united-states/ia/north-liberty/696127086674523246</a></p>					
SUN Apr 10 Class B	10:00 AM	North Dodge St. HyVee, Iowa City	40	Todd Erickson 270-4969	Solon, Morse
<p><b>Description: Solon - Cedar Valley - Morse loop (some gravel):</b> Route takes Prairie Du Chien and Sugar Bottom Rd to Solon. From Solon head east on 180th and it eventually turns to gravel for 6 miles before coming out on to F28 just east of Cedar Valley. Then we take F28 back through Morse to Newport Rd and return to the start. There will be lots of rolling hills to shake off the winter cobwebs. The gravel section is low lying and fairly wooded so there may be some soft and muddy patches. Wide durable tires recommended</p> <p><b>Map:</b> <a href="http://classic.mapmyride.com/route/us/IA/Iowa%20City/185129988640242216">http://classic.mapmyride.com/route/us/IA/Iowa%20City/185129988640242216</a></p>					

## April 2011 Ride Schedule continued

<b>SAT Apr 16</b> Class C	10:00 AM	Solon H.S., Solon	31	Rebecca Donovan	Lisbon, Mt Vernon
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**Description: Mt Vernon farmers market ride:** Route is an out and back to Mt Vernon on Sutliff and Lisbon Rd. Mt Vernon's last winter indoor farmers market is from 11 AM to 1 PM at Mount Vernon City Hall, 213 First St which is just on the west end of the old downtown district. Numerous dining options in Mt Vernon or Lisbon. The annual Team Tallywhacker "Liquid Highway" ride from Mt Vernon to Sutiff is also scheduled to start at 11 so expect to see a fair number of other riders along the route today.

**Map:** <http://classic.mapmyride.com/ride/United-states/ia/solon/298127860131198512>

<b>SUN Apr 17</b> Class B	09:30 AM	Devotay, 117 N. Linn St. Iowa City	38	Steve Rudin 626-6369	Hills, Sharon Center
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**Description: Devotay Ride:** Kurt and Kim Friese are again generously hosting a Devotay ride event. Please see the newsletter article for all the details. Route is Sand Rd to Hills then a Sharon Center Loop before returning to Iowa City on Oak Crest Hill Rd. A shorter option is to start the return back to Iowa City after Hills. That would shorten the ride to about 18 miles.

**Map:** <http://www.bicyclistsofiowacity.org/Maps/Devotay-Hills-Sharon-Ctr-loop-35mi.pdf>

<b>SAT Apr 23</b> Class C	10:00 AM	Napoleon Park, Iowa City	35	Cliff Thompson	Lone Tree
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**Description: Lone Tree Loop:** Route takes Sand Rd south then makes a loop of Lone Tree before returning on Sand Rd. Roads are pretty flat other than some rolling hills north of Lone Tree and on F62. Several places to grab a bite to eat in Lone Tree such as Gin's Bar & Grill or Karen's Corner Tap.

**Map:** <http://classic.mapmyride.com/route/us/IA/Iowa%20City/376129988916591428>

<b>SUN Apr 24</b> Class B	10:00 AM	College Green Park, Iowa City	TBD	Rider's Choice	Rider's Choice
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**Description: Easter Riders Choice:** Today's route will be decided among the riders. Anybody who plans to ride and has a route in mind is encouraged to bring along a map for riders who may show up and not be familiar the suggested route. The park's location should give a number of route options especially to the east and south.

**Map:** choose a map from the BIC website Routes and Maps page

<b>SAT Apr 30</b> Class B	08:00 AM	230 W Chestnut St, North Liberty	46	Steve Rudin 626-6369	Solon, Mt Vernon
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**Description: Breakfast ride to Mt Vernon:** Today's route is an out and back through Solon to Mt Vernon. Breakfast stop in Mt Vernon. See Newsletter for details. Riders will meet at Steve Rudin's house in North Liberty. This is not a flat ride by any means so some may want to consider a morning pick me up of a coffee and pastry before hand or taking something along for the ride out.

**Map:** <http://classic.mapmyride.com/route/us/IA/North%20Liberty/804129989067136223>

<b>SUN May 01</b>	09:30 AM	Downtown, Iowa City	N/A	** No Ride **	** No Ride **
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**\*\* No Ride - Old Capitol Criterium \*\*:** Please join us in downtown Iowa City to watch and support the Old Capitol Criterium. Various races run all morning through the afternoon culminating in the Chris Lillig Memorial Cup race for top amateur and professional men. Race event details have not yet been publicized in time for this newsletter. Typically the first races are around 9:30 AM and the final race is around 3:30 PM.

## THE LEAGUE OF AMERICAN BICYCLISTS NATIONAL BIKE SUMMIT

I had the good fortune to attend the League of American Bicyclist (LAB) National Bike Summit March 8-10 in Washington, D.C. The goals of the Summit are three fold. First, it's a pep rally and orientation for participants to prep are themselves for visits with their Congressional elected representatives, second it offers a marvelous opportunity to network with 750 energetic bicyclist who are advocating locally to promote biking and bike commuting. The third goal is to provide a forum for discussion of ideas and best practices for local biking. To my mind the Summit was a success in achieving all three objectives.

The Summit was highlighted by presentations from Ray LaHood, Secretary of Transportation, Ken Salazar, Secretary of the Interior, Robin Schepker, Director of Michelle Obama's "Get Moving" campaign, and Janette Sadik-Khan, Commissioner of Transportation for the City of New York. In addition, a number of sessions were devoted to preparing Summit participants for visits with Congressional staffers and setting out the agenda of the LAB and bicyclists.



Bob with LAB President Andy Clarke

Probably the most enjoyable and interesting activity was the opportunity to network with fellow bikers and find out what's going on around the country. I spoke with bicyclists from TX, NC, CA, RI, PA, and MA

among other states. It was interesting to see how many large cities are beginning to embrace bicycling. For example, Washington, New York, Philadelphia, and Chicago have bike lanes on major streets through downtown areas. Los Angeles recently passed ordinances committing the city to creation of 1700 miles of bike ways in its metropolitan area. Many cities including Washington, D.C. have, or are planning, bike share systems that allow a commuter to pick-up a bike in one location and leave it at another location close to their destination. (This is an idea UI students lobbied for several years ago; maybe its time has come for Iowa City.)

The breakout sessions provided information on a variety of topics including issues related to city planning, engaging young people in biking, and topics related to off-road biking. While these sessions were informative, the sessions I attended were consumed by the presentations and only a few questions by the participants. Typically, the session ended before much meaningful interaction occurred.

Thanks to a tip from Mark Wyatt, I was able to connect with a local host through the Washington Area Bike Association (WABA). It was great to return each evening to a comfortably "home" and to interact with my hostess and her

house mates. Also, I arrived a couple days early and was able to do some sightseeing. Congressman Loeb'sack's office was very helpful in arranging tours. (There's a hot button on his website.) The two I liked the best were a visit to the Library of Congress; a gorgeous building with lots of interesting displays including one of the three existing Gutenberg bibles. I was also treated to a personal tour of the capitol by Ms. Anna Murray, of Iowa City, who is doing a four month internship in Loeb'sack's office. I had planned to bike on the C & O trail that runs for 180 miles west from DC, but heavy rain washed the ride out.

~Bob Oppliger

## TOUR DE CURE—JUNE 25

**WHO:** The American Diabetes Association

**WHAT:**

The American Diabetes Association is challenging riders to take part in the annual Tour de Cure<sup>®</sup>, a cycling event to raise funds to help Stop Diabetes<sup>SM</sup>.

Tour de Cure is designed for anyone from the occasional to the experienced cyclist with routes from 5 mile family fun ride to 100 mile century ride. The route will feature rest stops with food to fuel the journey and volunteers to cheer riders on.

**WHEN:** June 25, 2011

**WHERE:** Kirkwood Community College (Iowa Hall)

**WHY:**

Individuals and teams composed of co-workers, family and friends are taking the ride of their life by helping raise funds to change the future of diabetes.

Today, there are nearly 24 million Americans who have diabetes. While an estimated 17.9 million have been diagnosed, unfortunately, 5.7 million people are unaware that they have the disease. If present trends continue, one in three Americans, and 1 in 2 minorities, will face a future with diabetes.

**HOW:** To find out more information on the Corridor Classic Tour de Cure or to register, visit [http://main.diabetes.org/site/TR/TourdeCure/IowaArea?pg=entry&fr\\_id=7593](http://main.diabetes.org/site/TR/TourdeCure/IowaArea?pg=entry&fr_id=7593)

Use Promo Code: VIP2011 to waive \$15 registration fee.

**CONTACT:**

Stephanie Hamilton

[shamilton@diabetes.org](mailto:shamilton@diabetes.org) 319-247-5124



### Gently Used Bike Trailer Wanted

Lynn Rose and Brad Cronk are looking for a gently used bike trailer to eventually haul their son around behind their tandem. If you know of a trailer that is available or have one you would like to sell, please let us know. You can reach

Lynn at (319) 341-7886 or at

[LMisKing@gmail.com](mailto:LMisKing@gmail.com).

## COURAGE RIDE



L→R: Dr. George Weiner, Dr. Ben Miller, Dr. Mo Milhem, Jackie Bailey, Todd Erickson, Leora Houghton, Donna Hamm, Tori Erickson, Steve Rudin

### Presentation of \$30,000 check raised from the Courage Ride in 2010!

The Courage Ride, the annual bike-ride through the beautiful countryside of Eastern Iowa raising funds to fight cancer, was held on August 28, 2010. It was a beautiful tribute to Seth Bailey and all families and individuals whose courage is unsurpassed in their battle with cancer. Our proceeds, \$30,000, were presented to the Holden Comprehensive Cancer Center in Iowa City. Receiving the check are Drs. Mo Milhem, George Weiner and Ben Miller. BIC committee members presenting are Donna Hamm, Steve Rudin and Todd Erickson, along with Jackie Bailey, mother of Seth Bailey, and Leora Houghton, committee chair. The Courage Ride is dedicated to improving the lives of people living with cancer by raising money to fund research into sarcoma and other cancers at Holden Comprehensive Cancer Center at The University of Iowa Hospitals and Clinics.

# Mississippi River Trail Ride

## Up the River with only a Bike



<b>DATES:</b>	<b>June 11-12 (overnight stay)</b>	<b>MEETING TIME:</b>	7:00 a.m.
<b>MEETING PLACE:</b>	Our Redeemer Lutheran Church, Iowa City 2301 E. Court St. (SE corner of 1 <sup>st</sup> Ave and Court St)	<b>DISTANCE:</b>	120 miles (round trip)
<b>CAMPING COST:</b>	\$~10 for campsite, shower and swimming pool	<b>RIDE LEADER:</b>	Joel Pickar

We're riding the river trail again this year, starting several weeks earlier than last. 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 meet in Iowa City and transfer gear to minimize the number of vehicles we take. We'll depart by 7:15 a.m. driving (about 1 hour) to Sunset Park in Rock Island, Illinois. Overnight parking permits will be provided courtesy of the Rock Island Parks and Rec Department. After readying our bikes, we'll begin pedaling by 9:00am, upstream along the Illinois side of the Mississippi River. 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. We'll pass through the river towns of Moline, East Moline, Hampton, Rapids City, Port Byron, Cordova, Hampton, Albany, Fulton, and Thomson. We'll stop in Rapids City for breakfast between 10 and 11 am and then again for brunch or 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/>) just outside of Savanna, IL. A private pond stocked with fish, paddle boats, swimming pool, showers and restrooms are available. 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. Several options for dinner are the colorful Poopy's bar/restaurant (<http://www.poopys.com/>) within 0.3 miles of the campground, or we can take a short 2-3 mile bike ride into the river town of Savanna for a larger selection of restaurants. Following a refreshing sleep, we'll pack up and retrace. Handouts with maps and a summary of Savanna restaurants will be provided. Please RSVP if you haven't done so already to Joel Pickar (358-8202, [jpickar@mchsi.com](mailto:jpickar@mchsi.com)). Leave your phone number and email address.



### 2011 COURAGE RIDE COMMITTEE

The 2011 Courage Ride Committee met on March 7<sup>th</sup> in the Medical Research Facility where we heard a great presentation, along with a lab tour, from Drs. Milhem, Weiner and Miller! The doctor researchers explained to the committee how the funding has been used and described the many things they hope to accomplish with their research and with the funds raised, such as the Registry for Sarcoma. There are 190 active researchers who work and communicate as a team and in an inter-disciplinary manner in the cancer center. The Courage Ride helps contribute to their goals as well as to increase awareness of the cutting edge work that is occurring in the UI Holden Comprehensive Cancer Center. BIC members on the committee are; Steve Rudin, Donna Hamm, Todd Erickson, Jan Stewart, and Mary Copper. We thank all BIC members for the time you have devoted to this significant cause with volunteering for the event and/or registering to ride and raising funds. This is a great annual ride hosted by BIC, always a lot of fun and very well attended! We encourage BIC members to get involved, volunteer to help in some way, or just make sure you go online and register—the sooner the better for raising additional funds! **SAVE the DATE! Mark your calendars!-August 27th, 2011 Iowa Mennonite School 7am!** Or better yet—go online and Register to ride with us right now! <http://courageride.org/>

### Wednesday Night Ride Schedule

DATE	MILES	DESCRIPTION
April 6 <b>5:30 PM</b> West High Loop <b>*NEW ROUTE</b>	22 miles	<b>NEW ROUTE!</b> Meet at West High School in the west parking lot. We will do a loop out IWW road, drop south on Cosgrove Road and return on Rohret Road. We will get back to West High School using a small portion of bike trail through the residential area behind West High. After the ride, we can eat at a diner of your choice in Iowa City. For questions call Sharon Doak at 626-6834.
April 13 <b>5:30 PM</b> Oxford Loop	27 miles	Meet at Herky St. and Stoner Ct., first left west of the I-380 overpass, west of North Liberty on Penn Street/F28. We will do the Oxford-Tiffin loop, stopping at The Depot in Oxford to regroup. We will return to Herky St. and proceed to a diner of your choice in North Liberty. For questions call Doug Kerns at 626-9140.
April 20 <b>5:30 PM</b> Solon Loop	26 miles	Meet at the parking lot for the Solon High School. The ride will go out the old Sutliff Rd. and then west on 140 <sup>th</sup> . The route will retrace back to Solon or add a 7 mile hammer head to Sutliff. Later we will chat and chew at a diner of your choice in Solon. For questions call Lynn Rose at 341-7886.
April 27 <b>5:30 PM</b> Hills – East Lone Tree Loop	27 miles	Meet at Hills School, just east of the 4 way stop. Our ride will take us east out of Hills toward Lone Tree. This ride promises to be very pleasurable with relatively no hills and great road surface. After the ride we will eat in Hills. For questions call Joe Smith at 627-2274.



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](http://www.bicyclistsofiowacity.org).

APRIL 2011

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### President

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[natev@comp-sol.com](mailto:natev@comp-sol.com)

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### RAGBRAI® Coordinator

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### Membership

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### Touring Coordinator

Todd Erickson 319-270-4969  
[txerickson@yahoo.com](mailto:txerickson@yahoo.com)

### Wednesday Evening Ride Coordinator

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## BIC GEAR

BIC Jerseys, Shorts, and Shimmels – pictures, descriptions, sizing charts and how to order – now on BIC GEAR web page. See BIC Gear tab on the BIC homepage!



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