



JANUARY/FEBRUARY 2011

# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## SAVE THE DATE: FOURTH ANNUAL BIC BIKE EXPO ON FEB. 16

Like the song says (sort of):  
**Headlights that shine strong  
and bike bells for dingin',  
Bright colored jerseys and new  
wheels go zingin',  
New bike bags on back racks  
make us feel like kings,  
These are a few of our favorite  
things.**

Back for the fourth year, the BIC Bike Expo is guaranteed to start Cycling Season 2011 off on the right wheel. Come to the Coralville Library on Wednesday, Feb. 16 to see some of the newest and coolest equipment courtesy of our friends from World of Bikes, Geoff's Bike and Ski,



Thirtieth Century Bikes, Scheel's and Sugar Bottom Bikes.

The fun kicks off at 7 p.m., starting with a bit of show 'n' tell from each of the shops. After that, you have a chance to get up close and personal with the new toys!

In past years, we've seen everything from cool new headlights to bikes that haul it all. It's your first chance of the year to get a heads up on the latest and greatest bikes and equipment.

BIC members will also have a chance to get an early look at rides planned for 2011. Bring your calendar to sign up to lead one or two!

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### Iowa Bicycle Summit, January 28-29

Want to make an impact on bicycle culture in Iowa? The Iowa Bicycle Summit is dedicated to producing low-cost, accessible education on building stronger bicycle communities. The Summit provides city engineers, planners and bicycle advocates with information on the best practices in bicycling for transportation and recreation. In addition to featuring presentations on bicycle education that fosters vibrant and healthy communities, the Summit will again join forces with RAGBRAI's Ride Right safety meeting at the Hy-Vee Hall in Des Moines.

Register at <http://www.iowabicyclecoalition.org/iowabicyclesummit>

### RAGBRAI Route Announcement Party, January 29

The evening will feature live music with a special performance by The Johnny Holm Band, who have entertained RAGBRAI riders for many years.

**IOWA BICYCLE COALITION MEMBERS:** There is a Pre-Event from 7-8 PM for Iowa Bicycle Coalition members only.

## 27TH ANNUAL HOT CHOCOLATE RIDE

**When:** Saturday, January 29th @ 12:00 Noon

**Where:** 2480 Belmont Dr, Coralville

**Ride Host:** Donna Hamm, (319) 400-4111

**Details:** The 27th Annual Hot Chocolate Ride will have a mid day start this year. This is a social ride where several club members offer their homes, hospitality and hot chocolatey beverages to thirsty pedallers. If the weather is cooperative our route will take us to the Scott Park area which would make the ride approxi-

mately 20 miles.

The ride will occur regardless of the weather unless it is especially nasty out. Like freezing rain/gail force winds nasty. Please dress according to the weather conditions. After returning to Donna's house at the conclusion of the ride, the truly hardy among us will ride on 3 more miles to Red's Ale House in North Liberty to wind down the afternoon.



Contact Todd Erickson at [tixerickson@yahoo.com](mailto:tixerickson@yahoo.com) or (319) 270-4969 for any last minute weather concerns or general questions.

**March 2011 deadline for submission to [skdoak@yahoo.com](mailto:skdoak@yahoo.com) is February 11, 2011.**

## THE MARVELOUS MEMORIAL WEEKEND RIDE MAY 28-29, 2011



Once again I want to remind you that we have a very, very special **MARVELOUS Memorial Weekend Ride** route planned for 2011.

The ride will start at Sageville, IA, just north of Dubuque. We will ride about 58 miles to Prairie du Chien on the Iowa side of the Mississippi River. We will spend the night at

Country Inn and Suites (608-326-5700) where we have 20 rooms blocked at a quote of \$90.99 per night.

On our return trip we will travel the Wisconsin side of the Mississippi River where at Cassville we will Ferry to the Iowa side and finish our ride back to Sageville (approximately 60 miles). There will be more details on the trip at a later date.

If you have questions, please contact either Steve Rudin at (319) 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net) or Val Langhurst at (319) 930-1244. Hope you will mark you calendar for this very special event.



### Novel: *Cycling Through Eden*

Long-time BIC member Ed Kottick is pleased to announce that his novel, *Cycling Through Eden*, is now available from both Amazon and Barnes and Noble for download on the Kindle, Nook, and other e-reading devices (cost of the e-book is \$9.99). The URLs are:

<http://www.amazon.com/dp/B004BDOWB0>

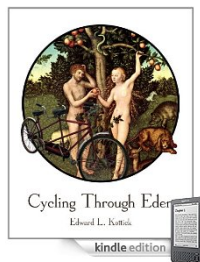
<http://search.barnesandnoble.com/books/product.aspx?ean=9781612390017>

Here's a description of the book:

*Cycling Through Eden* brings five characters to life: the awesome, crotchety, lazy, omnipotent God of the Old Testament; the clever, conniving snake; Eden's innocent and bumbling inhabitants, Adam and Eve; and a harried bicycle messenger who ekes out a living on the frenetic streets of present-day New York City.

It is the first day after the creation of the world. A macadam path surrounds Eden, and on it Adam and Eve are riding an old red Schwinn tandem bicycle. This is their daily task, set for them by God: to daily circumnavigate Eden. At first all goes well; but when the snake appears God's perfectly-planned world begins to crumble. Through the reptile's connivance the couple discover their powers of speech. The desire for knowledge, the ability to question, and the craving for material goods (in the form of bicycling paraphernalia) follow close behind. Little by little the characters play out their Biblical roles to the inevitable, but still surprising, conclusion.

At this time the novel is only available as an e-book. Thanks! Ed Kottick



## BIC BOARD MEETING MINUTES

**November 16, 2010**

Submitted by Rick Walton, Secretary

**Present:** Van der Weide, Walton, Copper, Hamm, Goff, T Stewart, J Stewart, Erickson, Opliger, Parrott, Duggan

**President Van der Weide:** Rudin and Val Langhurst are planning the Memorial Ride for 2011. It will be out of Prairie du Chien, Wisconsin.

**Secretary Walton:** Minutes of October meeting were approved.

**Vice Presidents Hamm and Duggan:** Holiday party is organized: food, music, etc. At Pleasant Valley Golf course Dec 10, 2010.

**RAGBRAI Parrott:** Registration is open and already has some registrations. DM Register's fee increased from \$140 to \$150. Our previous fee was \$135; it will be increased to \$145. We will have the same support crew as last year. Discussed having a non-refundable deposit. The decision was to have a non-refundable deposit of \$25 after March 1<sup>st</sup> and no guarantee of any refund after July 1<sup>st</sup>.

**Newsletter Doak (not present):** Reported that the electronic emailing of the Newsletter is successful--saves money and time. There are a few who request hard copy mailings; this is taken care of by Doak. Suggested Holiday Lights ride. There was support to start and end at Quinton's in Coralville. This will be December 11. Notification will be by blast email.

**Membership J Stewart:** There are several new members and 4 honorary memberships.

**Treasurer T Stewart:** Our finances are stable. An increase in BIC fees for RAGBRAI will offset the additional expenses that are occurring.

**Safety and Education Opliger:** Reported on bike repair course that likely will be offered by the Bike Library. Sunday afternoons, starting in January, likely for 5 weeks. Registration will be \$50. More details should be available soon.

Bike Rodeo planning is underway for the spring. Seeking more participation of elementary school administrators.

**Touring Erickson:** Requested information on interest for the Hot Chocolate ride in January. Morning or afternoon? Likely it will be Jan 29 (Hamm ride host).

2011 ride leader sign-up meeting is being planned. Likely in February at the ICPL.

Planning more joint club rides, particularly with Hawkeye Bicycle Association out of Cedar Rapids. Solon is a good meeting point for the two clubs.

Under consideration are some alternative rides and ride systems.

**New Business:** Walton discussed the Miles for Smiles proposal. This is from the Ectodermal Dysplasia Association and is related to research and care of individuals with related dental problems. The central organization out of St Louis is requesting our support. There was concern expressed about having it close to the Courage Ride and that late September and early October may present weather problems. Dr Clark Stanford of the College of Dentistry is the local contact; he will be asked to meet with BIC in the future.

**Next meeting:** January 18, 2011 at ICPL.



# January 2011 – 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 conditioning and tolerance for unpredictable weather and temperatures.

\*\* See January-February Newsletter for details on the Hot Chocolate Ride\*\*

Saturdays Napoleon Park, I.C	Sundays West High, Iowa City
Jan 01	Jan 02
Jan 15	Jan 16
** Hot Chocolate Ride ** 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.
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



## RAGBRAI® UPDATE

Hello Ragbrai friends -

Hard to believe, but Ragbrai registration for next summer opened on 11/15/2011. To register for Ragbrai with BIC, go to: [www.ragbrai.org](http://www.ragbrai.org), login, choose to join 'with a team', find BIC, and complete the application. After you complete your application, print and sign the waiver. Send it to me at 728 13th Ave, Coralville, IA 52241 by February 1st along with a check made out to BIC. The total fee this year for the week is \$295. This includes the Register's \$150 fee (for the wristband/bikeband package, insurance, etc), and BIC's \$145 fee (for bus rides, baggage hauling, etc). If you order a jersey or souvenir pack include that in the check also. ALL money and the waivers are sent to me; you will not need to send anything to the Register. We are fortunate to be a 'guaranteed' club so we don't participate in the lottery. You will receive the wristband/bikebands/etc. at check-in with us next summer.



There is no charge for canceling before March 1st. After March 1st you will forfeit a \$25 processing fee, then you will be refunded some or all of the rest if we are able to re-sell your package. After July 1st there are no guarantees for any refunds.

For questions, please email me at [keparrott@mchsi.com](mailto:keparrott@mchsi.com). Thanks and welcome to Ragbrai! Karen Parrott

## IN SYMPATHY

With great sorrow, we offer sincere sympathy to the family of Phillip Panther. Phillip passed away suddenly and very prematurely on November 10th of a sudden cardiac arrhythmia. Phil had joined us last summer for Ragbrai, and we all enjoyed his warm smiles and friendly presence around the campground. Our thoughts and prayers go out to his wife and little girls.

## 2011 TOURING SCHEDULE RIDE LEADER MEETING

**When:** Monday Feb 28th 6:00PM - 8:00PM

**Where:** Iowa City Public Library, Meeting Room B

**Details:** This is the main venue where the proposed 2011 Weekend Touring ride schedule will be discussed and ride leader volunteers will pick their rides for the season. Beverages and some light snacks will be provided. Ideally I would like to come out of this

meeting with a ride leader for every weekend. The proposed schedule will be made available by mid February via email and on the BIC website. I will also have the proposed schedule for review and early ride leader sign up at the Feb 16th Bike Expo (see article on front page for details).

Unlike last year's "blank slate" the basic schedule will have rides defined for every weekend to hopefully inspire more early volunteerism. The schedule is intended to be flexible. The rides on the schedule will be the fall back planned rides unless somebody proposes a different ride at this meeting or contacts me with alternate routes.

The main change I'm proposing this year is to try two rides on Saturdays wherever possible. An early morning ride will be a longer "show and go" ride for fitness oriented faster paced riders. A later mid morning ride from the same start location will be a shorter easier paced group ride with a ride leader. Both rides will share much of the same route. I am also working to coordinate some joint rides/shared routes with Hawk-eye Bicycle Association, our friends to the north.

Contact Todd Erickson at [tixerickson@yahoo.com](mailto:tixerickson@yahoo.com) or (319) 270-4969 for any general questions, voice any ride preferences or suggestions or to let me know if you would like to be a primary contact for unfilled ride leader slots.

## BRR RIDE—FEB. 5, 2011

The Perry Area Chamber of Commerce hosts Perry's 34th annual BRR - Bike Ride to Rippey. This year's ride theme - **34 BRR's and Still No Cure** from Perry to Rippey and back will roll on February 5.

While some question our sanity others relish in the challenge. The average temperature during the first week in February is 24 degrees with an average high temperature of 34 degrees. Sure, in the past BRR riders have braved a frigid 37 degrees below zero or plowed through a foot of snow, but they have also enjoyed a balmy high of 60 degrees & wearing shorts! The ride continues no matter what the weather! BRR is "The Original WINTER Ride" also known as the "Winter Ragbrai Reunion" and has attracted over 2,500 plus riders from all over Iowa and the country.

BRR is a frozen-filled day of biking, fun, prizes and entertainment. Registration, breakfast and the official start of the ride will take place at the McCreary Community Building.

Riders are encouraged to pre-register for the ride at: [www.bikeiowa.com](http://www.bikeiowa.com), or download the [PDF form](#) and return it to Perry Area Chamber of Commerce with your check. Go to <http://www.perryia.org/brr.html>

34TH ANNUAL  
**BRR**

34 BRR'S & STILL NO CURE



THE ORIGINAL WINTER RIDE!

SAT. FEB. 5<sup>TH</sup> 2011

## BIKE TOUR OF THE SOUTH

By Jude Langhurst

- Who: Val & Jude Langhurst and Steve Rudin
- What: Autumn bike tour in Ohio, Kentucky, Indiana, Illinois, Alabama, Mississippi
- Bike mileage: 1,000 miles from Cincinnati to Natchez
- Time frame: Last three weeks of October 2010
- Support: Each rider drove support van every third day
- Overnights: Camping (Val & Jude in the camper van, Steve tented)
- Average mileage per rider: 800 miles
- Routes: Adventure Cycling Underground Railroad (maps 3 & 4) and Natchez Trace
- Themes: Underground Railroad, Slavery, Civil War, Plantations, Agriculture
- Battlefields and Cemeteries: Fort Donelson, Shiloh, Grand Gulf, Vicksburg
- Cost: Priceless! But seriously, it was pretty darn cheap.

This trip was a chance for the three of us to extend our bike-riding season a few weeks by riding in the South while the cold blew into Iowa. It wasn't a group tour, we put it together ourselves using Adventure Cycling maps and internet research.

If it's true that timing is everything we had it all. The fall colors were awesome, we hit the Ohio River valley foliage at peak color. Then the weather was nearly perfect – only one hour of rain riding. The lows hit the 40s a couple of nights but the days warmed up to at least sunny mid-50s – one day on the Little Miami Trail topped out at 90. State park campsites were easily available (except for weekends, no reservations needed) and were beautiful.

Our trip began by riding some of the scenic Little Miami Trail out and back from Cincinnati – this is not your average community trail, it spans about 70 miles along the lovely Little Miami River. Then we rode Adventure Cycling's spur route into downtown Cincinnati to visit the National Freedom Center (museum dedicated to the history of slavery in the U.S.). Both rides were wonderful. Adventure Cycling's route through Cincinnati was great, including the stop at Harriet Beecher Stowe's house just blocks before the Freedom Center, that was followed by a great skyline view as we rode downhill toward the river.

The first 12 days of cycling were along Adventure Cycling's Underground Railroad route. AC did a very good job

of keeping us out of dangerous traffic. The greatest challenge was to our map-reading skills when street signs were ripped down. Fortunately, Steve had a compass, the cue sheets were accurate, and we learned how to use all of the information on the maps – including watching for tree lines along creeks – to find our way. In total, only four miles had to be retraced because of going "off route."

Some of the highlights of the Adventure Cycling route were the Ripley, Ohio Underground Railroad sites, the many, many miles along the Ohio River including taking the last state-operated ferry at Cave-In-Rock, Illinois, and the "Land Between the Lakes" which spans parts of both Kentucky and Tennessee.

We took a couple of side trips by van to Civil War battlefields and interpretive centers. Each battlefield also included beautiful national military cemeteries.

In Nashville, Tennessee we got on the Natchez Trace, a 444 mile-long (half-mile wide) national parkway. The top speed limit is 50 mph but no commercial traffic is allowed. What makes it really special though is there are no advertisements, no commercial property, no homes, no stop signs or stoplights, no antennas (cell or other). There are, however, historical markers, agricultural information, American Indian mounds, picnic areas, horse trails, and many miles of jaw-dropping beauty.

Just when we thought it couldn't get any better, Bob and Johnisue Wilken drove in from Dallas, Texas to meet us at Grand Gulf Military Monument in Mississippi. They brought a home-cooked roast and all the trimmings which we devoured around a roaring campfire. They rode with us the last two days. (Bob and Johnisue are originally from Ft. Madison, we met them on RAGBRAI.)

The five of us went off route to visit Port Gibson which is billed as the town that General Sherman called "too pretty to burn" but we called it the town that kudzu ate. We also found the ruins of one of the South's largest plantations, an historic church and a few hills. After we finished the Natchez Trace we rode into downtown Natchez, Mississippi for a couple of rewarding adventures of the caloric kind as well a tour of a beautifully restored plantation house.

Natchez is a very fun and bike friendly city.

When we started to plan each of us wanted something different – a way to add on some big miles at the end of the season, a chance to ride a different part of the country, a way to experience history. We got all that but who knew it'd turn out to be a nearly perfect tour to remember.

(L to R: Steve, Val, and Jude at Fort Donelson)



## WELCOME TO CLUB EXPRESS, BIC'S NEW ONLINE MEMBERSHIP DATABASE

In the past few months BIC has transitioned our membership files from an Excel file stored on a personal computer, to a secure online database system. BIC members and the general public can access Club Express via the BIC website ([www.bicyclistsofiwacounty.org](http://www.bicyclistsofiwacounty.org)) where you may join BIC or renew memberships online. Members may also join via the "traditional" paper registration method by printing a registration form from the BIC website. Membership information is viewable only to the member, the BIC Membership Chair, approved BIC Executive Board Members, and the Club Express team. Membership information is not visible to other club members, and your contact information is only used for BIC purposes to notify members about important events or for recruiting volunteers for our annual events such as Corner Marshalling at the annual spring Criterium and the fall Courage Ride.

As in the past, there are In-State and Out-Of-State membership options for both individuals and families. There are now 3 membership levels: 1) Primary members – usually individual memberships or the "main" member in a family membership 2) Secondary members – usually the spouse or significant other in a family membership, 3) Tertiary members – usually children in a family membership. The fees BIC pay vary according to the membership level.

Once registered as a BIC member, Club Express will email membership confirmation along with a user name and temporary password, and the BIC Membership Chair will mail your BIC Membership Card. Members will receive an email reminder (or a letter in the mail for those without an email address) 30 days prior to expiration, and a second email reminder 10 days prior to expiration. Members can then select the Login link in the email and sign into their own account with a user name and password. Members who forget their password should click the Member Login link, leave the username and password fields empty, click the "Forgot my Username/Password link", enter their email address and first name and click OK. The system will immediately reset your password and send you an email containing your username with a new temporary password. Members can always contact the BIC Membership Chair, Jan Stewart at [janbike56@gmail.com](mailto:janbike56@gmail.com) for username and password assistance or general questions about BIC membership and Club Express.

You may also access Club Express at <http://bic.clubexpress.com> to log in to your account. Select the "Profile" tab in the upper right corner to access your Member Profile Information where you will find:

1. Member Profile - information about your membership and additional members in your account.
2. Personal Contact Information - update address, phone, and email information here.
3. Financial Information - review financial transactions and credit card information is stored here.

BIC would like to remind members to verify your contact information on Club Express and to mark BIC and Club Express as Safe Senders so that your important messages do not land in your Junk Email Box. You may want to check your Junk/Spam Email folders once a week just to be sure you don't miss any BIC information that might inadvertently get delivered there instead of to your Inbox folder.

## RIDE REPORT: HOLIDAY LIGHTS

The original date of Saturday Dec 11th for this ride was moved to the 18th due to persistent forecast of a winter storm with very strong winds. It turned out that storm never really materialized on the 11th. The extra week did let some more snow accumulate for a more festive atmosphere.

After some pre ride nourishment seven hardy souls said goodbye to three well wishers and rolled out of Quinton's into the crisp of the night. By the time we got back it was on the single digit side of crisp. Our route stayed in Coralville through the North Ridge, Glen Oaks and Heritage Estate neighborhoods. The visual highlights were on 12th Ave at Liberty Lane and 10th St. I can't say the hills in these neighborhoods were everybody's favorites but all those little climbs did warm us up after some chilly descents. Everybody appreciated the cookies, warm bread pudding and chocolate almonds that were broken out at a few points on the ride.

The only trouble on the route was an icy patch of trail while turning on to a foot bridge in North Ridge Park. A couple of riders took a close inspection of the pavement with only a little post ride soreness for damages. After returning to Quinton's to warm up, Pasha invited all of us to his house for some home made borsch, hot drinks and warm from the oven cookies. It was just a few miles back on to the route by bike for some of us while the rest of us drove.

I would like to thank everybody that showed up for the ride and those that brought sustenance and beverages for the road. I would especially like to thank Pasha and Olga for their hospitality after the ride. See more of you next year! Maybe we'll find out if Pasha's dog has learned English by then.

Todd Erickson



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

**JANUARY/FEBRUARY 2011**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

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### The Courage Ride-BIC Representatives

Steve Rudin  
Todd Erickson  
Donna Hamm

### Special Events Coordinator

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[chaserudy@southslope.net](mailto:chaserudy@southslope.net)



### Important Dates:

Jan. 28-29: Iowa Bicycle Summit  
Jan. 29: RAGBRAI Route Announcement Party, Des Moines  
Jan. 29: Hot Chocolate Ride  
Feb. 5: BRR Ride, Perry IA  
Feb. 16: BIC Bike Expo  
Feb. 28: Touring Ride Leader Meeting

[WWW.BICYCLISTSOFIOWACITY.ORG](http://WWW.BICYCLISTSOFIOWACITY.ORG)