



JUNE 2011

# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## JOIN US FOR TOM CONWAY'S 80TH BIRTHDAY CELEBRATION ON JUNE 4TH

You're invited to an 80<sup>th</sup> birthday party for Tom Conway on Saturday, June 4, 1:00-4:00 p.m., at Laura and Tom Hahn's home, 1223 Michelle Ct in east Iowa City. Please contact Laura (338-3963 or [ljhahn@mchsi.com](mailto:ljhahn@mchsi.com)) by June 2 if you plan to attend.

Tom Conway is a long-time supporter of and participant in the Bicyclists of Iowa City, and an avid advocate for cycling in general. He has done countless BIC rides over the years, and many rides in other parts of the country. Tom has always been kind and helpful to other riders, and is known for giving facts and figures regarding the history of many of the towns that BIC bikes through. Dick Stevenson, who rode many RAGBRAI's with Tom, likes to joke about how -- if you're with Tom on RAGBRAI -- when you arrive in the small towns, everyone else is looking for the different food vendors; Tom's busy counting the porta-potties, telling stories about the history of the community, and going around town to find historical landmarks. Tom is a particular expert on the Lincoln Highway. And Tom has many other interests: ask him about his piano lessons!

We hope you'll join us to help Tom celebrate his birthday. Jot down a few memories and stories about Tom on a sheet of paper and bring it along; that'll be your present to Tom. And please bring photos if you have them. Food and drink will be provided.

## REDS ALEHOUSE BREAKFAST BUFFET

Sunday June 5 at 9 AM

Yes, another chance to experience and enjoy an early morning ride around the reservoir, approximately 23 miles. After we have conquered the hills and crossed the dam, we'll be able to enjoy a buffet breakfast at Reds Alehouse in North Liberty. This ride will start at 230 West Chestnut, North Liberty, the Rudin's home. Please RSVP at 626-6369, or [chaserudy@southslope.net](mailto:chaserudy@southslope.net) by

Thursday June 2. Steve Rudin



## Happy Birthday

### JUNE TUESDAY MORNING RIDES

The 2011 Tuesday rides 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: **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)).

### INSIDE THIS ISSUE:

R&R Bagger Trip June 25-26	2
June Weekend Ride Schedule	3-4
RAGBRAI Training Rides	5
Thursday Evening Leisure Rides	6
Wednesday Night Ride Schedule	6
Document Downloads	7
Ladies Bike Nights	7

### SAVE the DATE!

BIC's Holiday Party will be held on Friday, **December 2, 2011, 7 pm** at Ms. Susan's in North Liberty!



July 2011 deadline for submission to [skdoak@yahoo.com](mailto:skdoak@yahoo.com) is June 10, 2011.

## BIC BOARD MEETING MINUTES

**April 19, 2011**

Submitted by Rick Walton, Secretary

Present: Hamm, Doak, Goff, Parrott, Van Der Weide, Copper, T Stewart, Erickson, Oppliger, Walton, J Stewart, Duggan.

Guests: Kristin and Todd Spacek

President: Van Der Weide: Because of vehicle-bicycle safety concerns, he will generate a newsletter article reminding riders of these issues. It is a responsibility that both the rider and the driver must share.

Secretary Walton: Minutes of the March meeting were approved. Discussed the Criterium and the solicitation of corner marshals. We still need several, but will move toward filling these slots quickly. LK Walton is generating the spreadsheet.

Membership J Stewart: Membership is stable. We want to encourage more participation from BIC members for the Courage Ride. Discussed the ride waiver issue. The insurance company recommends that BIC ride leaders circulate a waiver to be signed by each rider at each riding event. Also, that they be stored for as long as is feasible. There is difficulty in having these returned and stored. Maybe electronic is the best method?

Vice Presidents Hamm and Duggan: Discussed May 16 Pre-RAGBRAI meeting. We will present a gift for the Dream Team. Discussed Xmas party; December 9 is a good date. Site is yet to be selected. Mentioned the 501c-3 document and if BIC has one. There is no record of our having such a document. Duggan discussed the possibility of our helping monitor a bicycle valet parking area at the Iowa City Arts Fest. More details are needed.

Treasurer T Stewart: Most RAGBRAI fees have been collected. Finances are stable.

Touring Erickson: Rides have been well attended when the weather is good. The Devotay ride was successful with good participation. July pool party at B Johnson's is cancelled, with no alternate dates. RAMCO is likely not happening this year. July-Oct weekend ride schedule will be sent to web soon for posting.

RAGBRAI Parrott: There is a long waiting list. Need help post-RAGBRAI to clean and assist with storage of equipment.

Publicity: There is ongoing promotion of the Courage Ride at various venues, including the UI Campus Recreation and Wellness Center.

Advocacy Oppliger: 7 bike rodeos have been scheduled at the schools. Assistance is always appreciated.

The schedule is in the Newsletter.

Guests: Kristin and Todd discussed issues related to their serious accident, which was a collision with a motorist, who was driving improperly. Their concern is that the driver could not be cited, because a bicycle is not classified as a "vehicle". Also, a breath test is apparently not mandatory after such an accident. There was discussion of how to proceed with this; legislation should be introduced at the state level to correct these two problem areas. Some recommendations were forthcoming as to how to proceed. For example, the Iowa Bicycle Coalition should be contacted, as well as state elected legislators from our area.

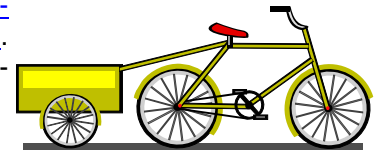
### Rudin's R & R Bagger Trip

**June 25-26, 2011**



The Old Master Bagger (Steve Rudin) is planning yet another pack'n and camp'n adventure filled weekend. A time to relax with my bagger friends. We will leave my home at 230 West Chestnut Street in North Liberty at 10:00 AM on Saturday June 25. Our trip will

take us through the Amana's then to Marengo where we will camp at the Sudbury RV Park (check the home page at [www.sudburymotelandrv.com](http://www.sudburymotelandrv.com)). It's way cool. We will return back to North Liberty sometime on Sunday. Please remember to **pack swimming apparel**. This ride will happen rain or shine. If you have any questions, please feel free to contact me at 626-6369 or [chase-rudy@southslope.net](mailto:chase-rudy@southslope.net). Please RSVP by Thursday, June 23.



### 1st Time Ragbraier in need:

Hi, my name is Pearl Cheng. I am originally from Coralville; and I am heading back from California to do my first two days of RAGBRAI this year. I am looking for a ride (my bike and me) from Coralville to Grinnell on Thursday, July 28th. Anyone going that way? **Contact: Pearl Cheng at [chengcam@pacbell.net](mailto:chengcam@pacbell.net) or 408.205.2147.** Other ideas welcomed! Thank you!



Bicyclists of Iowa City

# June 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.

Call the [ride leader](#) for ride cancellations in the event of questionable weather or 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](mailto:txerickson@yahoo.com). Rides yet without a volunteer ride leader show the ride leader as "Rider's Choice". 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)
<b>SAT Jun 04</b> Class C	09:00 AM	North Dodge St. Hy-Vee, Iowa City	40	Rick Walton 354-8090	Morse, West Branch, Downey
<b>Description:</b> <b>West Branch Loop</b> - Today's route makes a loop of Morse, West Branch and Downey. Take Prairie Du Chien and Newport Rd to Morse then drop south to West Branch. From West Branch continue south to Downey. Return on American Legion Rd then Scott Blvd. Will be on Hwy 6 for about 3 miles between Downey and American Legion Rd.					
<b>Map:</b> <a href="http://www.bicyclistsofiowacity.org/Maps/IC-Morse-WBranch-Downey-loop-40-mi.pdf">http://www.bicyclistsofiowacity.org/Maps/IC-Morse-WBranch-Downey-loop-40-mi.pdf</a>					
<b>SUN Jun 05</b> Class B	09:00 AM	230 W Chestnut St, North Liberty	23	Steve Rudin 626-6369	Sugar Bottom loop
<b>Description:</b> <b>Reds Alehouse Breakfast Buffet</b> - Route takes a journey around the reservoir. Finish with a breakfast buffet at Reds Alehouse in North Liberty. See Newsletter for details and RSVP.					
<b>Map:</b> <a href="http://www.bicyclistsofiowacity.org/Maps/Sugar-Bottom-Loop-23-mi.pdf">http://www.bicyclistsofiowacity.org/Maps/Sugar-Bottom-Loop-23-mi.pdf</a>					

<b>SAT Jun 11</b> Class B	09:00 AM	Napoleon Park, Iowa City	41, 57	Rider's Choice	Hills, Frytown, Wellman
<b>Description:</b> <b>Riders Choice</b> - This is the Mississippi River Trail Ride and TOMRV weekend. Today's route will be decided among the riders. An Amish loop to Frytown is the suggested 41 mile route. If continue to Wellman after Frytown then that would be an additional 16 miles. If cut it short and just ride the Sharon Center loop then that would be about 31 miles total. Anybody who plans to ride is encouraged to bring along a map for riders who may show up and not be familiar the suggested route.					
<b>Map:</b> <a href="http://www.bicyclistsofiowacity.org/Maps/IC-Amish-Loop-fr-Napoleon-Pk-41mi.pdf">http://www.bicyclistsofiowacity.org/Maps/IC-Amish-Loop-fr-Napoleon-Pk-41mi.pdf</a>					
<b>SUN Jun 12</b> Class B	09:00 AM	Weber Elementary, Iowa City	54	Rider's Choice	Windham, Parnell, Williamsburg
<b>Description:</b> <b>Riders Choice</b> - This is the Mississippi River Trail Ride and TOMRV weekend. Today's route will be decided among the riders. A Parnell – Williamsburg loop heading out on Black Diamond Rd and returning on IWV Rd is the suggested 54 mile route. Several shorter or options exist by turning north before Parnell on Black Hawk Ave west of Windham or on W21 just before Holbrook. There is a 7 mile longer option if continue west through Parnell on Hwy 149, north on V66 the come into Williamsburg from the west on F46. Anybody who plans to ride is encouraged to bring along a map for riders who may show up and not be familiar the suggested route.					
<b>Map:</b> <a href="http://www.bicyclistsofiowacity.org/Maps/Irv-Weber-West-Hi-Parnell-Williamsburg-54-mi.pdf">http://www.bicyclistsofiowacity.org/Maps/Irv-Weber-West-Hi-Parnell-Williamsburg-54-mi.pdf</a>					



If you are not riding RAGBRAI, please volunteer to help Coralville welcome the 15,000+ riders- go to <http://www.coralville.org> and click on the Coralville RAGBRAI link to volunteer!

## June 2011 Ride Schedule continued

<b>SAT Jun 18</b> Class B	09:00 AM	Napoleon Park, Iowa City	57	Karen Parrot 337-6371	West Liberty, Nichols, Lone Tree
------------------------------	-------------	-----------------------------	----	--------------------------	-------------------------------------

**Description:** RAGBRAI® Training Ride series #1 - Today's route takes Sand Rd then F62 east to West Liberty. From West Liberty will head south on Hwy 70 through Nichols towards Conesville. Before Conesville turn west and then north to Lone Tree. Complete the loop on Wapsi Ave north and return on Sand Rd. The route is mostly flat with some rolling hills on F62 and Wapsi Ave. Hwy 70 is a little rough for the first four miles south of West Liberty. The traffic level on Hwy 70 is low after the first four miles as well.

**Map:** <http://www.bicyclistsofiowacity.org/Maps/ICity-WLiberty-Nichols-LoneTree-57mi.pdf>

<b>SUN Jun 19</b> Class C	09:00 AM	North Liberty Commu- nity Center	33	Rebecca Donovan 621-0691	Solon, Sutliff
------------------------------	-------------	-------------------------------------	----	-----------------------------	----------------

**Description:** Father's Day social ride to Sutliff - This will be a joint destination ride with Hawkeye Bicycle Association from Hiawatha. Both clubs will leave about the same time for the same distance and head to Sutliff. BIC will ride through Solon and retrace the route back. HBA starts from Cedar Rapids and will ride through Ely. We will share Sutliff Rd to Sutliff after the "T" intersection with county Rd F12. The Sutliff Tavern opens at 9AM with the grill firing up at 11AM. The BIC route will be taking Mehaffey Bridge Rd between North Liberty and Solon.

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

<b>SAT Jun 25</b> Class B	09:00 AM	Napoleon Park, Iowa City	54	Karen Parrot 337-6371	Oxford, Tiffin, Cosgrove
------------------------------	-------------	-----------------------------	----	--------------------------	--------------------------

**Description:** RAGBRAI® Training Ride series #2 - Today's route is an Oxford – Tiffin loop "plus". Will take Black Diamond Rd through Windham then Black Hawk Ave north to Oxford. From Oxford continue north then east to loop through Tiffin then Cosgrove and return on Black Diamond Rd. Black Diamond Rd is fairly flat but the rest of the route has lots of rolling hills, especially Black Hawk Ave and Cosgrove Rd. Of the four rides in this series this is the most challenging route. A printable .PDF map on the BIC website is pending.

**Map:** <http://classic.mapmyride.com/ride/united-states/ia/iowa-city/239127747224416584>

<b>SUN Jun 26</b> Class B	09:00 AM	North Dodge St. Hy- Vee, Iowa City	62, 40	Rider's Choice	Morse, Tipton, West Branch
------------------------------	-------------	---------------------------------------	--------	----------------	-------------------------------

**Description:** Riders Choice - Today's route will be decided among the riders. A Tipton loop heading out through Morse then returning through West Branch and Downey is the suggested 62 mile route. Several shorter or options exist by turning south to West Branch before getting to Tipton. The 40 mile option is the same route as the June 04 ride. Anybody who plans to ride is encouraged to bring along a map for riders who may show up and not be familiar the suggested route. A printable .PDF map on the BIC website is pending.

**Map:** <http://classic.mapmyride.com/ride/united-states/ia/iowa-city/123128754395875517>



Kim, I would like to sincerely thank you for another fabulous buffet that was served at Devotay. It was a calm April morning where 28 riders experienced the Sharon Center Loop, many of them for the first time. To see so many smiling faces while enjoying such delicious food was very gratifying. I can't say thank you enough for again being such a wonderful hostess.



Steve Rudin

## RAGBRAI TRAINING RIDE SERIES

June 18 - July 16



At the suggestion of our tireless RAGBRAI Coordinator, Karen Parrot, beginning in mid June there will be four Saturday rides designed specifically in preparation for RAGBRAI. Karen will lead all the rides

except the 7/9 ride led by Rick Walton, and be available for questions and lots of free advice (which is of course her specialty). The distances put these all in the "Class B" ride classification but Karen plans to "lead from behind" on all the rides. Most of the Saturday rides so far have been building up to 40 mile ranges so some of these may be a large jump in miles for some riders. In preparation for RAGBRAI I would suggest in addition to these rides, joining Sunday rides in June and July wherever possible. Compared to most Saturday rides, Sunday rides are often longer distances, faster paced and oriented more towards building fitness.

Saturday 06/18 9:00 AM from Napoleon Park to West Liberty, Nichols and Lone Tree 56 miles. This is relatively flat for most of the distance.

Saturday 06/25 9:00 AM from Weber Elementary to Oxford, Tiffin and Cosgrove 54 miles. This is hilly for a majority of the distance. It has the most challenging terrain of the four rides.

Saturday 07/09 8:00 AM from Weber Elementary to Wellman out and back 47 miles. This is an average mix of hills and flats.

Saturday 07/16 8:00 AM from North Liberty Community Center to Amana and Marengo out and back 66 miles. This is flat for about half the distance (between Amana and Marengo). The first part of the route to Amana will be shared with a BIC ride to the Tour de Brew ride also starting at 8 AM from North Liberty Community Center

Todd Erickson,

Touring Coordinator



Harry G. Sals, Sta-Falk, Va.



For Sale:

BURLEY NOMAD Luggage Trailer with rain proof top/ easy pull/ LIKE NEW/ used on one Ragbrai/ weighs only 12 lbs/ \$225.

THULE CAR TOP BOX 36 X 54 \$75.

THULE BIKE CARRIER Car Hitch Mount \$25.

Call Jay Shaw 319 331 2171

Recumbent Bike For Sale: Approx. 800 mi. on it.

Wireless computer, fenders, rack, mirror, clipless pedals. Asking \$1,000.

Richard Knoedel

[rknodel@gmail.com](mailto:rknodel@gmail.com) or (319) 331-0470.



## RAGBRAI UPDATE

Hello Ragbrai riders,

Hope everyone is getting out and enjoying the beautiful spring weather - Ragbrai will be here before you know it! We recently sent out our brochure to everyone who is currently signed up for the ride. If you didn't get it, let me know. Please be sure to return your yellow postcards and let us know if you will be on the buses, whether or not you need parking, and t-shirt size. The schedule for the bike boxing demo, bike loading, and bus departure are in the brochure, along with lots of good advice and tips for the week. In the meantime, happy trails!

~Karen

## Wednesday Night Ride Schedule

DATE	MILES	DESCRIPTION
June 1 <b>6:00 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 Steve Rudin at 626-6369.
June 8 <b>6:00 PM</b> Hills – West Amish Country Loop	28 miles	Meet at Hills School, just east of the 4 way stop. Your ride will take you into the intriguing Amish country. We will ride west on scenic country roads. Our ride will go through Sharon Center, Frytown and loop back. We will dine in Hills afterwards. For questions call Joe Smith at 627-2274.
June 15 <b>6:00 PM</b> Sugar Bottom Loop	23 miles	Meet at the gazebo in Penn Meadows Park on Dubuque Street in North Liberty. This ride promises to be breathtaking and scenic. We will loop the entire Coralville Reservoir. Later we will chat and chew at a diner of your choice in North Liberty. For questions call Lynn Rose at 341-7886.
June 22 <b>6:00 PM</b> West High Loop <b>*NEW ROUTE</b>	32 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 Black Hawk Avenue 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.
June 29 <b>6:00 PM</b> West Branch Cedar Valley Loop	27 miles	We will meet at the West Branch Park Square, at the south end of the parking lot. Our ride will take us east through Springdale, then north on X40 and ride through the scenic Cedar Valley. After the ride we will meet at Bob's Your Uncle on North Dodge for refreshments. For questions call Todd Stewart at 530-4288.

## THURSDAY EVENING LEISURE RIDES

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

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

Barb Goff, 351-8609  
[bentriider@mchsi.com](mailto:bentriider@mchsi.com)

**Thursdays: June  
2, 9, 16, 23, 30**



## WHEN LIGHTNING STRIKES...

It's inevitable while bicycling that a thunderstorm will develop suddenly, catching you by surprise. With most thunderstorms, lightning can strike. Seek safe shelter when you first hear thunder, see dark threatening clouds developing overhead or lightning and follow the "30/30 Rule". Count the seconds between the time you see lightning and hear the thunder. When the time is less than 30 seconds, you should be in a safe location. And stay in the safe location until 30 minutes after you last hear thunder.

Other points to remember: 1) Do NOT seek shelter under tall isolated trees. The tree may help you stay dry but will significantly increase your risk of being struck by lightning. 2) Do NOT seek shelter under partially enclosed buildings. 3) Stay away from tall, isolated objects. Lightning typically strikes the tallest object. That may be you in an open field. 4) Know the weather forecast. If there is a high chance of thunderstorms, shorten your route or choose a route with accessibility to safe locations. 5) For self-contained bicyclists, a tent offers NO protection from lightning (right, Joel and Tom?) 6) Stay away from metal objects, such as fences and poles. Metal is an excellent conductor. The current from a lightning flash will easily travel for long distances.

If lightning is in the immediate area and there is no safe location nearby, get into the lightning desperation position. Crouch down but do NOT lay down. Bend your knees down while keeping your feet together.



## BIC MEMBER FILES AVAILABLE FOR DOWNLOAD

[Home](#) **Bicyclists of Iowa City**

[Home](#) [Storefront](#) [Contact Us](#) [Documents](#) [Donations](#)

[Home](#) • [Documents \(Folders\)](#) • [Documents](#)

### Member Files

The following documents are available in this folder. Click the double arrows to the left of the document's title to view its details. Click the Download link to the right of the document's title to download the document. The "File Readers and Utilities" section at the bottom of the page contains links to download programs to view files in various standard formats. These links will display the vendor's web site in a new window. Click on the double arrow to see the viewers.

Document Title	Links
^ <b>Bicycling magazine article "Broken", Jan/Feb 2008</b>	<a href="#">Download</a>
Description: This bicycling advocacy article is a heartbreaking and poignant story to read about cyclists who have been killed or injured by motorists. About America's broken traffic laws and justice...and how to change the system. All cyclists and non-cyclists should read this article!  Author(s): David Darlington, Bicycling magazine  Create Date: 05/18/2011  Document Format: Acrobat (PDF)  File Size: 4,145,578	
^ <b>2011 Mileage Spreadsheet</b>	<a href="#">Download</a>
Description: Use this handy spreadsheet to track your mileage in 2011!  Author(s):  Create Date: 04/25/2011  Document Format: MS Excel  File Size: 39,424	
v <a href="#">Click to view File Readers and Utilities for download</a>	

[Return to Previous Page](#)

[Print This Page](#)

[Home](#) | [Contact Us](#) | Copyright © 2011 - All Rights Reserved | [Terms of Use](#) | [Privacy](#)

Powered By  ClubExpress

Another exciting feature of our online club management site ClubExpress is the ability to post documents or other files, making them available to BIC members for download.

You don't have to remember your ClubExpress login. Simply go to the BIC website, choose the Cycling Resources dropdown menu and then choose Download Documents. You will be linked to the ClubExpress Members Files site.

A 2011 Mileage spreadsheet (Excel file) can be downloaded for you to track your bicycling miles in 2011. This is a spreadsheet that I found useful in 2010 and so I modified it for the 2011 calendar year. It will automatically calculate your weekly miles, cumulative miles, monthly average miles, monthly total miles, and that all important figure— total miles bicycled in 2011. Download the file today and start tracking your biking miles easily!

A highly recommended bicycling advocacy article called "Broken" from Bicycling magazine is heartbreaking to read. "Every time we take to the open road, we entrust our lives to a safety net of legal protection and basic human decency. That system has failed." S. Doak, editor

## LADIES BIKE NIGHTS: BICYCLE MAINTENANCE CLASSES



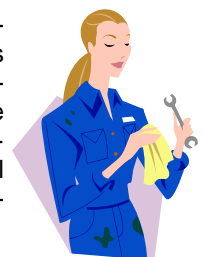
**When:** Every other Monday from 7 - 9 pm (The first class was May 23, but feel free to join the group on Monday, June 6)

**Where:** Iowa City Bike Library, 408 East College St. <http://www.bikelibrary.org/>

**Who:** Any woman who wants to learn more about bicycle maintenance and repair.

**Why:** Because bicycling is the best. And because there should be more women wrenching on bikes.

**What:** Ladies Bike Night is a free bicycle repair and maintenance class. It is designed to teach women bicycle mechanics, and provide them with access to tools and workspace in a gal-friendly environment. Each person brings their own bike to work on, and those without a bike will be provided with one to work on for the duration of the evening. Join at anytime. There is a curriculum that will be used as a guide, however; classes will unfold at a pace consistent with participants. If someone new comes in on a night when we are overhauling hubs and simply wants to learn how to fix-a-flat, they are welcome to join, stick around after for further assistance, or someone who already knows how to do this job can volunteer their time at Ladies Bike Night to assist this person. The idea of Ladies Bike Night is that the structure will develop organically as we move through the summer and into the fall. If someone wants to come in on Ladies Bike Night and work on something other than what is scheduled they are welcome to do this, but cannot expect individual attention from the mechanic/facilitator present. Women will learn skill sets that they will hopefully teach to other women. This helps to reinforce skills learned as well as accommodate new participants. This is a six week lesson plan, but classes will continue as long as there is interest.



## 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 mail the printed version of the BIC Post newsletter to my mailing address.

### 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!

**SHEELS.**



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).

**JUNE 2011**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### President

Nate Van der Weide  
319-430-9941  
[natev@comp-sol.com](mailto:natev@comp-sol.com)

### Vice-Presidents

Donna Hamm 400-4111  
[donnaghamm@msn.com](mailto:donnaghamm@msn.com)  
Anne Duggan 319-621-0221  
[annem.duggan@gmail.com](mailto:annem.duggan@gmail.com)

### Treasurer

Todd Stewart 338-2396  
[toddstewart@gmail.com](mailto:toddstewart@gmail.com)

### Secretary

Rick Walton 354-8090  
[richard-walton@uiowa.edu](mailto:richard-walton@uiowa.edu)

### Publicist

Mary Copper 430-7169  
[mary-copper@uiowa.edu](mailto:mary-copper@uiowa.edu)

### RAGBRAI @ Coordinator

Karen Parrott  
[keparrott@mchsi.com](mailto:keparrott@mchsi.com)

### Membership

Jan Stewart 338-2396  
[janbike56@gmail.com](mailto:janbike56@gmail.com)

### Touring Coordinator

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

### Wednesday Evening Ride Coordinator

Lynn Rose 341-7886  
[lmisking@hotmail.com](mailto:lmisking@hotmail.com)

### Thursday Evening Ride Coordinator

Barb Goff 351-8609  
[bentriider@mchsi.com](mailto:bentriider@mchsi.com)

### BICYCLE Post Editor

Sharon Doak 626-6834  
[skdoak@yahoo.com](mailto:skdoak@yahoo.com)

### Education & Safety Advocate

Bob Oppliger  
[boboppliger@msn.com](mailto:boboppliger@msn.com)

### The Courage Ride-BIC Representatives

Steve Rudin  
Todd Erickson  
Donna Hamm  
Mary Copper  
Jan Stewart

### Special Events Coordinator

Steve Rudin 626-6369  
[chaserudy@southslope.net](mailto:chaserudy@southslope.net)



Happy Father's  
Day to all BIC  
fathers  
on June 19th!

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