



MARCH 2011

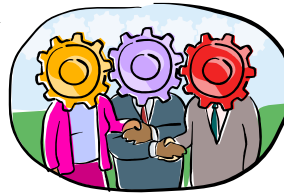
THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

BIKING SEASON 2011 KICKOFF



It is time to get together to kick off our 2011 biking season (ride your bike, or not). We will be meeting at Bobber's Grill, 1850 Scales Bend Road, North Liberty, on Saturday, March 12 at 7:00 PM.



After a rather lengthy winter, it is time we share a story or information for an upcoming biking event. If you have any questions, please feel free to contact Steve Rudin at 626-6369 or at chaserudy@southslope.net

EXTRA SPECIAL OXFORD LOOP RIDE

Date: Sunday, March 20
Time: 1:30 PM
Ride Start: Augusta Restaurant
(101 S Augusta Ave., Oxford)
Ride Leader: Steve Rudin
Length: 26 miles (or less)

You may wonder what makes the EXTRA SPECIAL OXFORD LOOP RIDE so special. This ride will offer us an opportunity to get the ride season started and also enjoy a delicious meal that will certainly please your appetite.

We plan on eating at Augusta Restaurant around 5:00 PM after the

ride. Should we have inclement weather that day, the ride may be cancelled but the dinner will take place as planned.

Please RSVP to me by Thursday, March 17 if you are planning on participating. If you have questions, please feel free to contact me at 319-626-6369 or email me at chaserudy@southslope.net.



Augusta
Restaurant

101 S Augusta Ave
Oxford, IA 52322
(319) 828-2252

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Mark Your 2011 Calendars:

April 17	Devotay spring ride
May 1	Old Capitol Criterium
May 5	Cinco de Mayo ride
May 28-29	MARVelous 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 th of July Breakfast ride to Amanas
July 16	Tour de Brew, Amanas
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

April 2011 deadline for submission to skdoak@yahoo.com is March 11, 2011.

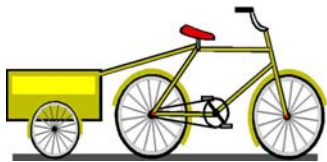
KATY TRAIL BAGGER TRIP



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.



GR -- GRR Self-Contained

June 11 – 12, 2011

No, I'm not grumbling 'cuz it's been cold. Get Ready for the *Great River Ride*, the Mississippi River Trail Ride. The route has everything we need: paved bike trail, scenic ride up the Mississippi, restaurants, adult beverage stations, tent sites, showers, campfire ring. We'll ride self-contained the weekend of June 11-12.

Loaded with trailers and panniers, we'll start in Rock Island, Illinois, parallel the Mississippi northward until we arrive at 7 Eagles RV Park and Campground near Savanna, Illinois for the night. (Several rooms are available at their lodge. You'll need to make your own reservation if you want one of these. These fill-up early in the season so call the campground soon at 815-273-7301).

After returning to Rock Island the next day, our total ride distance will have been about 120 miles and flat (60 miles each way). Look for additional information in the April and May newsletters. The trip will be limited to 20 people. If you have questions or want to reserve a spot early, call or email Joel Pickar 358-8202, jpickar@mchsi.com

BIC BOARD MEETING MINUTES

January 18, 2011

Submitted by Bob Oppliger.

Present: Van der Weide, J. Stewart, T. Stewart, Hamm, Duggan, Doak, Erickson, Oppliger

Van der Weide: Discussed support of JCCOG Trail Maps; Oppliger will research costs, volume printed, distribution.

Bike Shops: proposed complimentary membership to keep shops informed about BIC and access to BIC newsletter for customers; Hamm will investigate displaying BIC business cards in shops.

J. Stewart: Membership stable at 536; many local renewals in December.

T. Stewart: Balance at the end of 2010 similar to past 2 years.

Hamm: Bike/equipment swap event: Discussion on organizing an event, venues such as fairgrounds would cost \$300-\$400, proposed partnering with the Rummage in the Ramp or Bike Library for outdoor event in warm weather. Idea was tabled for future discussion.

Bike expo: planned for Feb. 16 at Coralville library; will limit shops to about 5-minutes for presentations; not sure if Broken Spoke has requested participation but not responded with confirmation, will make one more query to them.

Chuck & Kathy Murphy have 5 nicely mounted RAGBRAI posters for sale, discussed offering them in BIC Post or with Iowa Bike Coalition Summit.

Erickson: Discuss tentative calendar of rides for the coming year, will have schedule available for review in the near future; discussed recruitment of ride leaders through e-mails, calls and at Feb BIC meeting, meeting for ride leaders is scheduled for Feb 28.

Oppliger: Requested \$375 to register for LAB Bike Summit in Washington, DC, request approved; requested \$250 for grade school bike rodeos this spring, request approved; AAA will partner with BIC for bike rodeos; opened for discussion BIC policy for responding to funding request, e.g. Longfellow PTO request for help with bike racks, suggested a matching response to encourage members to give, discussion tabled to next meeting.

Parrott: Not present, RAGBRAI report: Currently have ~100 people signed so should fill up over the next 3 weeks, then close and get everything to Des Moines by 3/1. Will make a big deposit of registrations sometime this week, and send the spreadsheet soon. All of last year's crew members have confirmed that they are hoping to return. The RAGBRAI charter meeting is 1/29 but she won't be able to attend. Is anyone going to the other meetings or the route announcement party? And maybe add on the charter meeting - it's from 10:30 to noon. As soon as the route is out, will reserve trucks and buses.

MARVelous Memorial Weekend Ride - May 28-29, 2011

Sageville, Iowa to Prairie du Chien, Wisconsin

(58 miles on Saturday, 64 miles on Sunday)

French explorers Jacques Marquette and Louis Joliet were the first Europeans to reach the Prairie du Chien area on June 17, 1673 by canoe. This year's MARVelous Memorial Day ride will celebrate the 338th anniversary of that arrival and, for extra enjoyment, it will take place on bicycles. On Saturday May 28, we will depart from the Sageville, Iowa Elementary School and ride north to the Country Inn & Suites in Prairie du Chien using the Great River Road. On Sunday, we ride south on the Wisconsin side to Cassville, Wisconsin where we ferry across the Mississippi and (after two miles of unpaved ferry access road) we will retrace the last twenty miles back into Sageville.

Expect excellent bicycling, extraordinary scenery, and outstanding camaraderie. Enjoy the adventure with comfortable accommodations, lots of laughter, pleasant surroundings, and good food. Riders will be provided luggage transport, maps, cue sheets, and sag support. We plan to have our famous wine & cheese social after arrival on Saturday. Volunteers providing sag support are held in high esteem. To volunteer, contact Steve Rudin at 626-6369 or e-mail him at chaserudy@southslope.net.

Start on Time

Participants will receive detailed route plans and maps one week prior to departure via e-mail, if applications are timely. Riders may drop luggage and check-in either at the North Liberty Community Center for those that may wish to carpool from a common location or before departure from the Sageville Elementary School. Allow at least two (2) hours driving time, arranging carpools before the ride. Please be considerate of others and plan to start at appointed times. If you are late, rather than wait for you, others may choose to start bicycling.

Starting Location	Load Bags	Sag / Rider Departure
North Liberty Community Center	6:30 AM	6:45 AM / -
Sageville Elementary School	9:00 AM	9:15 AM / 9:15 AM

Bring a tolerance for nature's whims, a sense of adventure, money for food and \$5 cash for the Cassville ferry on Sunday. There will be space for a small overnight bag in the sag vehicle(s). Sags are emergency vehicles, not a personal taxi service, and all riders should be prepared to complete the entire distance. If the weather suggests a later start en route, alternative plans and maps will be available to cover all contingencies. There are 20 BIC rooms reserved at the Country Inn & Suites in Prairie du Chien, Wisconsin with a special group room rate of \$90.99 plus tax. The inn offers a continental breakfast, swimming pool, water slide and other amenities.

Registration will close quickly so do not delay if you want to join us. Reserve your own rooms early, as BIC will release the block of rooms on Thursday, April 28th – Call Country Inn & Suite at 608-326-5700. No BIC refunds after May 1st.



- - Cut here for mailing - use a separate form for each rider as this form may be reproduced - - -

MARVelous Memorial Weekend Registration Form - May 28-29, 2011

Complete this form, sign release, and mail with a \$35 check payable to BIC and mail to: Steve Rudin
230 W. Chestnut St.
North Liberty, IA 52317

Print legibly please!

Name	
Street Address	
City State Zip	
E-mail address	
Home phone	
Cell phone	
Emergency Phone / Name	

READ and SIGN Liability Waiver – In consideration of being permitted to participate in this event sponsored by the Bicyclists of Iowa City, Inc., I, for myself, my personal representatives, assignees, heirs, and next of kin do execute the following release.

Release from Liability - I am aware of the risks of bicycling, and I voluntarily assume these risks. I understand that ride organizers and sponsoring organizations are not responsible for my personal safety. I do hereby for myself, my heirs, executors and administrators waive any and all claims for damages and causes of action of every nature which I may have, or which may hereafter accrue to me, against the rider leaders, Bicyclists of Iowa City, Inc., and other sponsoring agencies, during the participation in bicycling events, and during the travel to and from these events. **All participants must wear helmets!**

Participant's Printed Name	Date
Participant's Signature	
Signature of Parents or Guardian (for riders under 18)	

RAGBRAI® UPDATE

Hello Ragbrai friends -

Registration for Ragbrai with BIC is now closed. We have filled our quota, however cancellations are expected and we do keep a waiting list. Please email the Ragbrai coordinator, Karen Parrott at keparrott@mchsi.com for further information or to be placed on the waiting list.

If you are already registered:

1. You will receive your wristband/bike band package at check-in on the Friday before Ragbrai. Your BIC package includes the bus rides from Iowa City to Glenwood, baggage hauling for the week, and bus ride home from Davenport. Our crew reserves a camping area, sets up a large shade tent with stocked coolers (cold drinks available for a small fee), and sunshower stalls. Sunshower filling is available for a small fee. Good company, bad jokes, and communal whining are free. No sag service is offered except for the Register's limited sag service (i.e., be sure you are in shape to ride all day, every day). Details regarding week-long parking and tent set-up to follow.
2. We will be sending out an information packet about Ragbrai with BIC in March, which should answer most questions. The Register's Ragbrai website also has comprehensive information about the ride. Email keparrott@mchsi.com for questions not answered through these sources.
3. If you have a change in plans, remember there is no charge for cancelling 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.

It's going to be a great year!

Happy trails,

Karen Parrott

BIC Ragbrai coordinator



CYCLISTS TURNED OUT FOR THE 4TH ANNUAL BIC BIKE EXPO

On a dank February evening, more than 80 cyclists crowded the Fourth annual BIC Bike Expo, held in the downstairs meeting room of the Coralville Public Library.

BIC President Nate Van Der Weide, emceed the evening, introducing the owners of World of Bikes, Geoff's Bike and Ski, Thirtieth Century Bicycles, Broken Spoke and Sugar Bottom Bikes, who set up their wares on tables around the room. Afterwards, those in attendance had a chance to "try on" for size, shape, and lumens some of the slick bikes for every occasion, saddles, panniers, wheels, lights, and gear.

Attendees also got a sneak preview of the upcoming schedule of touring rides. BIC members Sharon Doak and Barb Goff sold jerseys and shorts and BIC safety T-shirts.

The event sponsored by BIC is the first general membership event of the 2011 year.

BIKE NORTHWOODS TOUR

Over 20 BIC members have signed up for **Bike Wisconsin's Bike Northwoods** Tour from **July 9-15**. With 2 layover days and only 45-60 miles per day and a great location, this tour looks to have it all. Bike Northwoods takes only 400 riders. The cost until April 30 is \$370 (meal plan is extra).

Another FANTASTIC loop tour along the [Lake Superior Shore](#). New Start town - [Iron River](#) - with a great first night party.

Two Layover Days! First layover day at Superior: You'll have the option to ride into Duluth and up the [North Shore of Lake Superior to Two Harbors](#). Gorgeous!

Return to [Port Wing](#): Best Overnight Town 2009 winner, Port Wing, will surely roll out some small town fun, warmth and hospitality for Northwood's bikers.

Second Layover at [Bayfield](#): Kick back in the shade by Lake Superior. Take a ferry to [Madeline Island](#). Visit Tom's Burned Down Cafe and bike to [Big Bay State Park](#) for cool dip. How about a kayak adventure into the [Apostle Islands sea caves](#). Take in a show at the Big Top Chatauqua. Check out Red Cliff. Visit the Maritime Museum in Bayfield or the Historical Museum on Madeline Island. So much to do!

For more info, go to <http://www.bikewisconsin.com/BNT/index.html>

MARCH RIDE SCHEDULE

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

All off-season rides are Show 'n Go Rides. Riders meet up at the starting point at **NOON (12:00 PM)** and decide on a route. A ride leader may be designated as well. A selection of maps is available from the BIC website at <http://www.bicyclistsofiowacity.org/Routes-Maps.html>

Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures.

Saturdays	Sundays
Napoleon Park, I.C	West High, Iowa City
March 12	March 13
March 26	March 27
Saturdays	Sundays
Herky St., N. Liberty	N. Dodge HyVee, I.C.
March 5	March 6
March 19	March 20
2011 weekend ride season begins Saturday, April 02	

March 20: Extra Special Oxford Loop ride starts at 1:30 PM from Augusta Restaurant in Oxford, IA. See pg. 1 of newsletter for details and to RSVP.

“To be a cyclist is to be a student of pain....at cycling's core lies pain, hard and bitter as the pit inside a juicy peach. It doesn't matter if you're sprinting for an Olympic medal, a town sign, a trailhead, or the rest stop with the homemade brownies. If you never confront pain, you're missing the essence of the sport. Without pain, there's no adversity. Without adversity, no challenge. Without challenge, no improvement. No improvement, no sense of accomplishment and no deep-down joy. Might as well be playing Tiddly-Winks.”

Scott Martin

FIRST IOWA, THEN THE USA

By Cliff Thompson

In May 2008, when I was first invited on RAGBRAI with BIC, I still thought of riding bicycles as child's play. Three state crossings and several thousand miles later, I have a new perspective on how cycling can improve personal fitness, local transportation, and community involvement. Inspired by these lessons and my family's personal history, I'm taking on a new challenge this year by riding cross-country from Baltimore to Portland with the 4K for Cancer charity organization.

My mother beat breast cancer and several recurrences in the mid '90s and early '00s. While she was sick, friends and family helped however they could, offering food, child care, prayers and encouragement. Despite being given only 1 in 20 odds of surviving major surgery, my mom is alive today, a thriving example of the power of faith and medicine. Almost every family is touched by this illness, and often more than once. My mother lost her mother to lung cancer in 2008. Grandma Dorothy and I share a May 7 birthday, and I'm sure I will think of her often on the ride.

2011 is the 10-year anniversary for the 4K's mission of fostering hope, raising funds, and spreading awareness by sponsoring a coast-to-coast ride. This year there will be three. Each rider raises \$4500 in donations. We give checks directly to our host charities along our route and to the American Cancer Society. I welcome your support both before and during the ride. We leave May 29. Follow the journey and find my donation link at <http://4kcliff.tumblr.com/>.





Left to right: Jim Grant, Tim Cornelius, Cheryl Obadal, Sharon Doak, Donna Hamm, Bruce Johnson, Joe Smith, Tomeka Petersen, Gary Obadal, Curt Moore, Rebecca Donovan, Todd Erickson.

Nine hardy BIC members bicycled from the North Liberty Recreation Center to Bobber's on January 9, 2011, to honor the memory of Marvin Scher, who passed away one year ago on January 7, 2010. Other BIC members joined the bicyclists to toast a few brews in honor of Marv. We had a great turnout, considering the email circulated only a couple of days before and the temperature was 19 degrees! The event was the idea of Bruce Johnson and Joe Smith. Valerie Scher, Marv's widow, said, "I want to thank Bruce and Joe and to all who continue to honor Marvin with their thoughts of him and by getting together to toast him. There is a huge void in my life and in the lives of his children, their spouses and his grandchildren. He was a gigantic force of nature and will be in our hearts always and forever".



***Spring is almost here!
First Day of Spring
is March 20, 2011***

***Next month in the BJC Post,
look for the start of Tuesday
morning rides, Wednesday night
rides, and the Weekend Touring
schedule of BJC rides!***

Bike for Sale

TREK 2300 Triple in WSD (Women's Specific Design) 47cm.
Ultegra components.
Frame ZR 9000 Alloy.
Bontrager 650 Race Lite wheels.
LIKE-NEW condition. \$825.00
Call Kathy Sharp 351-6798.



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.

MARCH 2011

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March 17, 2011

WWW.BICYCLISTSOFIOWACITY.ORG