



MAY 2011

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

THE RAGBRAI® SCOOP & PIE AT MEETING

Date: **Monday, May 16**
Time: **7:00 PM**
Location: **Iowa City Public Library, Rm A**



Springtime in Iowa may be slow in coming, but RAGBRAI's summer fun is just around the corner. You're doing your best to train (we see you out there), but how about feeding the imagination?

RAGBRAI Director T.J. Juskiewicz will be BIC's special guest at the general membership meeting on Monday, May 16, 2011, at 7:00 pm in the Iowa City Public Library, Room A.

Juskiewicz will be in attendance to answer your questions about the RAGBRAI XXXIX route, from Glenwood to Davenport, and stops in-between. This special evening will help fire up your own RAGBRAI imagination, whether it's about tailgating by bike, sampling some of the smoothest whiskey in the country, hopping on a historic train, or just chowing down on homemade pie.

Did we mention we'll have pie and beverages at the meeting? RAGBRAI riders also schedule one day of the ride to wear the BIC jersey. Don't go lacking! A limited supply of BIC jerseys, shorts and shimmels will be on sale (check or cash only).

Save the date: RAGBRAI Boxing and Packing meeting on **July 21**, 7-9 p.m., ICPL Room A. Come learn how you can box up your bike, put it back together at the starting town, and ride off the next day.

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Mark Your 2011 Calendars:

May 1	Old Capitol Criterium
May 5	Cycle 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, 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

June 2011 deadline for submission to skdoak@yahoo.com is May 13, 2011.

RIDE TO YOUR BREAKFAST

May 22 8:00 AM

Join us for an early morning spring bike ride on Sunday, May 22, starting at 8:00 AM from my home at 230 W. Chestnut Street in North Liberty. We will bike to Marengo for breakfast at the Doose Café, 1106 Marengo Avenue. This ride is unique in its own way. You will be able to ride 60 miles with only two major hills to climb. Please RSVP by Thursday, May 19 at (319) 6 2 6 - 6 3 6 9 or

chaserudy@southslope.net.
Hope to see you then!!

MAY TUESDAY MORNING RIDES

The 2011 Tuesday rides began 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).

BIC BOARD MEETING MINUTES

March 15, 2011

Present: T Stewart (Acting President), J Stewart, Walton, Hamm, Erickson, Doak, Copper, Oppliger, Goff

Guests: Clark Stanford, Audrey Weidemeyer

Acting President T Stewart: Introduced the guests:

Clark Stanford, representing the foundation of the national organization of ectodermal dysplasia. He described the general nature of the disease and that funds are needed to assist in the care and support of these afflicted persons and their families. One fund raising event is a bicycle ride "Miles for Smiles". These have been successful in other cities and have been accomplished by working with local bicycle clubs. He is interested in pursuing the possibility of BIC partnering with the Ectodermal Dysplasia Foundation. A general target is spring, summer or fall of 2012. There was general discussion regarding our possible involvement. No decision was reached, as the BIC officers need more information. Stanford will supply this and we will have more consideration in the future.

Audrey Weidemeyer, representing the Iowa Bicycle Coalition. Audrey is coordinating a special program "Iowa Goes by Bicycle Challenge". Basically, this is to promote wellness in general and more bicycling in specific. The target are those individuals that have a bicycle, but don't use it, particularly to perform routine transportation in their communities and to perform routine tasks. She is requesting that BIC partner as a supportive unit. We would have our name on the back of cards that would be distributed to bike shops, gyms, businesses, etc. No funds are required from BIC. There was agreement that we would do this and also give this campaign publicity in our Newsletter.

Secretary Walton: The previous minutes (by Mary Copper) were approved.

The Iowa City Bicycle Criterium was discussed. The date is May 1. Although BIC has not been contacted, the assumption is that we will be asked to recruit corner marshals. Likely, R Walton, L Walton and Van der Weide will again call individuals to obtain marshals. We would like one more person to make calls- Walton will pursue this.

Vice President Hamm: Arrangements are underway to have the general meeting for RAGBRAI participants. TJ from the Register will speak. A suitable place and date have not yet been identified. Suggestions were made and will be explored. Also the bike boxing demo is yet to be determined as to date and location.

Treasurer T Stewart. The financial statement was distributed. Our situation is stable and sound.

Membership J Stewart: The numbers have recently increased, probably because of RAGBRAI. We have relatively few out of state members.

Touring Erickson: The recent ride leaders meeting was relatively successful. About 2/3 of the ride leader slots were taken. Next, Erickson will try periodic emailing throughout the season, and is looking at options for telephoning to solicit leaders and fill the remaining slots. Erickson expects the ride leaders meeting to be better attended in the future.

There will be some weekend rides that will be identified as longer rides for RAGBRAI preparation.

RAGBRAI Parrott (absent): No report. T Stewart mentioned that all RAGBRAI slots are taken and we are over-

booked, with only one cancellation so far.

Editor Doak: Our website now has a link for BIC bicycle gear. This shows our BIC jerseys, shorts, and shimmels with photos, descriptions, and sizing information. Information on "How to Order" via an email to Sharon Doak. Online purchases via credit cards are not possible due to low volume of sales. A great addition to the website, which should boost awareness and sales.

Publicity Copper: Discussed the Courage Ride. Save-the-date mass emails have been going out. Also, we will send messages to other Iowa bike clubs asking them to post an announcement in their newsletters.

Suggestion: The Criterium is a great opportunity to have table-top information available about BIC. Also, Courage Ride cards can be distributed to interested persons.

Respectfully submitted by **Rick Walton, Secretary**

The Rudin's Pack'n and Camp'n Fun Ride

May 14-15, 2011



Steve is planning a pack'n and camp'n adventure filled weekend loaded with team camaraderie. This self-contained trip will be led by the Old Master Bagger. We will

leave Napoleon Park at 8:00 AM on Saturday, May 14. We hope to meet Joe Smith in West Liberty around 10:00 AM where he is planning to lead a ride from West Liberty to Muscatine. We will plan to travel to the Saulsbury Campground located on Saulsbury Road near Muscatine (approximately 35 miles). After our arrival at the park we will journey into Muscatine and enjoy its offerings. If the park is closed due to flooding, we will camp at the home of Billie Danner located at 1250 Eagle Drive in West Liberty. We will still plan on joining Joe Smith's ride at 10:00 AM.

If you have any questions, please feel free to contact me at 626-6369 or chaserudy@southslope.net. Please have ample clothing in case we have inclement weather. Please RSVP by Wednesday, May 11.



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.



May 2011 Ride Schedule

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

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

Check <http://www.bicyclistsofiowacity.org/Rides.html> for ride cancellations or alterations at least 12 hours before ride start time, or contact Todd Erickson at 270-4969, e-mail: txerickson@yahoo.com. Rides yet without a volunteer ride leader show the ride leader as "TBD". To volunteer as the ride leader please contact Todd Erickson. Printable maps will be posted to <http://www.bicyclistsofiowacity.org/Routes-Maps.html> when available.

DATE & CLASS	TIME	MEET AT	MILES	RIDE LEADER	DESTINATION(S)
THU May 05 Class C	06:00 PM	Old Capitol Brew Works, Iowa City	18	Todd Erickson 270-4969	Hills
<p>Description: 2nd Annual Cycle De Mayo: Arrive early at Old Capitol Brew works for the tapping of El Jefe. At 6:00 PM we will ride to Hills for dinner and fiesta at Iguana's Café. Return on Sand Rd or Oak Crest Hill Rd. The return trip will be after dark so a headlight and taillight will be needed.</p> <p>Online Map: http://classic.mapmyride.com/ride/united-states/ia/iowacity/737130076178350396</p>					

SAT May 07 Class C	10:00 AM	Solon High School, Solon	31	Rebecca Donovan 621-0691	Lisbon, Mt Vernon
<p>Description: Kentucky Derby Ride + Chalk the Walk: Today is the Kentucky derby and Rebecca has fresh mint from the garden for post ride Mint Juleps. The route will be an out and back to Mount Vernon for the annual Chalk the Walk festival http://www.visitmvl.com/component/content/article/5/121-2011-chalk-the-walk-may-7-a-8 For racing fans, today's distance is 248 furlongs and Secretariat's 1973 record setting pace was 38mph. Giddyup!</p> <p>Online Map: http://classic.mapmyride.com/ride/united-states/ia/solon/298127860131198512</p>					
SUN May 08 Class B	12:00 PM	Coral Ridge Mall, Best Buy parking lot	15+	Gretchen Holt 354-1386	North Liberty, Coralville
<p>Description: Mother's Day North Liberty Greenhouse and Ice Cream Tour: Today's ride will provide opportunities for last minute Mother's Day plant at greenhouses in North Liberty. Meet at the Best Buy Parking lot, Coral Ridge Mall and take the trail to North Liberty. Possible stops for Ice Cream at Liberty Cones in North Liberty or gelato at the new Capanna Coffee & Gelato next to Roadies on Penn St.</p> <p>Map: Pending</p>					

SAT May 14 Class C	10:00 AM	916 North Columbus St. (Hwy 6), West Liberty	40	Joe Smith 627-2274	Muscatine
<p>Description: Muscatine Regatta Ride: Meet at Joe's house for a ride to downtown Muscatine for the 5th Annual "That was Then, This is Now" car and boat show http://www.muscatineboatshow.com/. Refresh and regroup at several downtown points of interest. If Steve's self contained camping ride goes as planned then should meet with them in West Liberty or points along the route. Camping will be an option (see newsletter for camping ride details). First session of the Mississippi Cardboard & Paddle Boat Regatta is at 12 noon (see if the record is broken for the world's largest cardboard boat). Second session is at 3 pm</p> <p>Map: Pending</p> <p>Boat Show Map: http://www.muscatineboatshow.com/web_images/BoatShow_OverviewMap.jpg</p>					

May 2011 Ride Schedule continued

SUN May 15 Class B	09:00 AM	Solon High School, Solon	48	Cliff Thompson 308-340-2714	Cedar Rapids, Mt Vernon
<p>Description: Houby Days Ride: Houby Days festival in Czech Village continues through Sunday. Today's route will be a Solon to Czech Village to Mt Vernon loop. There is an egg and houby breakfast from 7-11AM at St. Wenceslaus Catholic Church along the route. The route in to Cedar Rapids from Ely will use the newly extended Hoover Trail at Wright Brothers Blvd and that will continue all the way into Czech Village. Bertram Rd connecting Otis Rd to Mt Vernon Rd is still a little rough from flood damage – a few brief gravel sections Houby Days schedule at: http://www.cedar-rapids.com/news/read/325/32nd-annual-houby-days-festival-marks-return-of-the-czech-village- Both maps below are a little out of date and will be updated before the ride. Online Map: http://classic.mapmyride.com/ride/united-states/ia/solon/801127573324799104 Printable Map: http://www.bicyclistsofiowacity.org/Maps/Solon-Cedar-Rapids-Loop-47-mi.pdf</p>					

SAT May 21 Class C	10:00 AM	North Liberty Recrea- tion Center	23	Jan Stewart 530-2396	Coralville
<p>Description: Sugarbottom Loop: Similar to the Wednesday rides but at a slower pace today's this ride promises to be breathtaking and scenic. Loop the entire Coralville Reservoir. After the ride chat and chew at a diner of your choice in North Liberty. For those who want to ride a bit further after a shorter post ride break the 16th annual "Bud Ride" is scheduled to start at Noon(ish) from Roadies North Liberty. This party ride makes a 30 mile loop of Oxford and Tiffin with stops at Old Roy's in Oxford and Slim's in Tiffin. The map below is a little out of date and will be updated before the ride. Printable Map: http://www.bicyclistsofiowacity.org/Maps/Sugar-Bottom-Loop-23-mi.pdf</p>					
SUN May 22 Class B	08:00 AM	230 W Chestnut St, North Liberty	66	Steve Rudin 626-6369	Amana, Marengo
<p>Description: Breakfast Ride to Marengo: See Newsletter for details & RSVP. Depart from Steve's house on 230 W Chestnut St. Route takes 250th St, Hwy 6 and 151 to Amana then continues on 220th Trail through High and West Amana to Marengo. Retrace to return. Amana is about 20 miles from North Liberty & 13 miles from Marengo. Online Map: http://classic.mapmyride.com/route/us/ia/north%20liberty/885130297450963392</p>					

SAT May 28 Class B	10:00 AM	North Liberty Recrea- tion Center	42	Rider's Choice	Amana
<p>Description: Amana Cajun Fest: Today's route will be decided among the riders. But I recommend a ride out to Amana for Cajun Fest in the Amana RV Park & Convention Center. Gates and food open at 11AM. Details can be found online at http://www.cajunfest.net. Options to eat on the festival grounds, in Amana or Rose & Thorn Public House in Middle Amana Map: http://www.bicyclistsofiowacity.org/Maps/NLiberty-MiddleAmana-22mi.pdf</p>					
SUN May 29 Class B	09:00 AM	Napoleon Park, Iowa City	35+	Rider's Choice	Rider's Choice
<p>Description: 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 to West Liberty, Lone Tree or Amish country. Map: choose a map from the BIC website Routes and Maps page</p>					

BIKE TO WORK WEEK: JOHNSON CO.



Bike to Work Week is generously sponsored by the City of Coralville, City of Iowa City, and [sponsors](#) of the Think Bicycles Coalition to promote bicycling. We encourage riding not only to work but school, the gym, parks, grocery stores, and everywhere else.

Pledge to ride and win prizes

[Pledge online](#) to ride during Bike to Work Week. Not only do you automatically get entered in a drawing for some cool prizes, you show that bicyclists count. Go to <http://www.thinkbicycles.org/bike-to-work-week/> to pledge.

Events

May 16-May 20: Fund raiser raffle. [The Broken Spoke](#) is sponsoring a raffle for a Kona Ute, with proceeds going to [Think Bicycles Coalition](#) & the [Iowa Bicycle Coalition](#).

Monday, May 16:

Bike to Work Week Breakfast Kick Off 30th Century Bicycles, 310 E Prentiss St, Iowa City 7:30 to 9:30 am. Food by Red Avocado, coffee by Wake Up Iowa City. Free as usual. Door prizes.

Bike/Bus/Car Race, sponsored by the [MPO of Johnson County](#), beginning at 11:33 a.m. at the Coralville Public Library and ending at the Iowa City Public Library, featuring elected officials Councilman Mike Wright from Iowa City, Councilman Tom Gill from Coralville, and Pat Harney from the Johnson County Board of Supervisors.

Tuesday, May 17: Ride through virtual "Bike Town"

Free tour of the [Hank Virtual Environments Lab](#), an immersive/interactive bicycling simulator. Includes presentation of local research on child and adult cyclists crossing intersections and tour participants will be given the opportunity to ride the bike through the virtual "Bike Town." Tour starts at noon, Room 311 MacLean Hall on the University of Iowa campus. MacLean is the building on the southwest corner of the Pentacrest.

Wednesday, May 18: Old Pi to New Pi Ride sponsored by [New Pioneer Coop](#), beginning at 5:30 p.m. at Chauncey Swan Park in Iowa City and ending at New Pioneer Co-op in Coralville. Live music, food, and door prizes will be offered. No preregistration is required.

Thursday, May 19: Rain date for Old Pi to New Pi Ride

Friday, May 20: End of Week Celebration featuring the *Heels & Wheels Fashion Show* hosted by the Johnson County Trails Foundation, as well as live music and prizes ([register to win!](#)). Activities begin at 5pm, at the [Hawkeye Hideaway](#). See you there!

Hard Bike Case For Sale

Alvin Miller has been a BIC member since the 1970's and has a hard bike case for sale that is almost "new". You can reach Alvin at (319) 656-2638 or email at ajmam@kctc.net.

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[®], a cycling event to raise funds to help Stop DiabetesSM.

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

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

CONTACT:

Stephanie Hamilton

shamilton@diabetes.org 319-247-5124



RAGBRAI UPDATE

Hello Ragbraiers, We're looking forward to a great Ragbrai, with 170 riders signed up! There is also a substantial wait list, so once you receive your information packet with postcard, please return the postcard promptly to let me know if you will be on the bus or not. We will also be asking about parking, t-shirt size, and tent set-up. Hopefully the packet will be mailed before the end of April, so watch your mailbox! Also take a look at all the great BIC rides, and please feel free to join in and get started on your Ragbrai training. If your plans have changed and you won't be able to ride this year, drop me a line. Remember there is a \$25 cancellation processing fee from now until July, but the rest of your fee is refundable until July 1st. After 7/1, a refund depends on whether or not we are able to resell your spot.

Spring at last!

~Happy trails, Karen

Wednesday Night Ride Schedule

DATE	MILES	DESCRIPTION
May 4 6:00 PM 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. For safety, bring lights and blinkies for biking at dusk or after the sun sets! Later we will chat and chew at a diner of your choice in North Liberty. For questions call Mark Stinski at 321-2358.
May 11 6:00 PM West High Loop *NEW ROUTE	22 miles	NEW ROUTE! 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. For safety, bring lights and blinkies for biking at dusk or after the sun sets! After the ride, we can eat at a diner of your choice in Iowa City. For questions call Sharon Doak at 319-631-8152.
May 18 5:30 PM Mayor's Ride Iowa City	6 Miles Bike to Work Week	This ride begins at the Chauncey Swan Parking Ramp in Iowa City and ends at the New Pioneer Co-op in Coralville. We ride as one large group through town past the dog park, and through Coralville. Food is served at the Co-op at the end of the ride. This is a point to point ride, so remember to make proper arrangements to travel safely home after the ride to the Co-op in Coralville.
May 25 6:00 PM West Branch 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 Jan Stewart at 530-2396.

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

**Thursdays: May
5, 12, 19, 26**



UI Wellness — liveWELL sponsors Wellness Saturdays at CRWC (Campus Recreation and Wellness Center), located at the southwest corner of Burlington and Madison Streets.

On **Saturday, May 7 - COURAGE RIDE 2011.** Cyclists of all abilities and experience levels can stop by to learn about this annual bike ride dedicated to improving the lives of people living with cancer by raising money for Holden Comprehensive Cancer Center. Training Tips, Registration Info, and Prizes. Courage Ride is August 27, so this is a great opportunity to start your training program!

The Wellness Services area at CRWC is open on the **1st and 3rd Saturday** of the month from 9:00 a.m. - 12:00 p.m. with activities for all to participate in.

Bike Rodeos during National Bike Month

In conjunction with the AAA and Bike to Work Week, BIC will host six bike rodeos at area schools over the next month. Bike rodeos are skills and safety education events aimed at kids 12 and under that everyone enjoys. Plan to bring your kids to the one of the rodeo or volunteer some time to help promote bicycling.

School	Date	Time
Wood	Sat. April 30	1-3 pm
Horn	Wed. May 4	5-7 pm
Longfellow	Mon. May 9	2:45-4:45 pm
Hoover	Fri. May 20	3-5 pm
North Liberty	Sat. May 21	10 am—noon
Lucas	Mon. May 23	5:30-7:30 pm

Mr. Pork Chop or North Carolina BBQ?

(RAGBRAI OR CYCLE NORTH CAROLINA?)



In 2004, I was inspired to “dip my tires” onto the topography of North Carolina. I was on the GRABAAWR tour (the Ragbrai of Wisconsin) when I met a man in his late 40’s who had resigned his “Corporate America job,” traded his

suits for cycling attire and had given up the lease on his apartment --- all with the goal of cycling as many state rides as time would permit. He raved about Cycle North Carolina. He was an “en-CYCLE-pedia” of tour information. I was humored as he planned his future tours across Virginia and Iowa in his Franklin Planner (i.e., the pre-Blackberry era). I was inspired that he had faced cancer.

Inspiration turned RAGBRAI into my training ride for Cycle North Carolina (CNC) --- a week long tour from the “mountains to the coast” sponsored by North Carolina Amateur Sports with an inaugural date of 1999.

Like RAGBRAI, the CNC route changes every year. The staging area is always a pristine town nestled in the Blue Ridge Mountains. You will want to find and load-up on some North Carolina BBQ with your best friend. Day 1 with your spirits high, you will climb a few miles to the Eastern Continental Divide with the reward of sailing seven miles down the “backside” of the Blue Ridge mountains. The next few days mirror the hill you will see going into Boone this year on RAGBRAI --- and, a few hills will bring memories of Potter’s Hill from RAGBRAI 2010. *(Yes, these are the hills that Lance trained on!)* By mid-week, you will be greeted with clouds of cotton fields, weathered tobacco sheds, peanut plants and KUDZU (Google it!) The end of the week brings scents of the Atlantic Ocean while you cruise on the flats and finish oceanside at the Outer Banks of North Carolina.

A perfect CNC will boast calendar pictures of a fall harvest with mild temperatures. Crisp mornings in the mountains will start your week with SPF50 days to-

wards the coast. And, when it rains, can you say “where’s my wetsuit?” CNC 2005 brought a challenging day of 80 miles of pedaling in Tropical Storm Tammy. Our reward was a VIP entrance to ride our bikes around the Rockingham Speedway (NASCAR fans unite)....which I did...*with water up to the base of my pedals!*

CNC includes:

- 🚲 camping (*Bubba sightings*)
- 🚲 motels/luggage service
- 🚲 meal plan/snacks at rest stops
- 🚲 queue sheets
- 🚲 SAG and mechanic support on route
- 🚲 Rosie’s coffee
- 🚲 massage
- 🚲 bike shipping
- 🚲 bus transportation to start and end towns
- 🚲 mighty fine BBQ
- 🚲 biscuits and gravy
- 🚲 Blue Ridge mountain lifetime photo-ops
- 🚲 friendly folks
- 🚲 historic sites from the New England era
- 🚲 purple morning glories; and,
- 🚲 Carolina blue skies (*most of the time!*)

So, I ask you: Mr. Pork Chop – or – North Carolina BBQ? (*or, both?*)

For more information:

www.ncsports.org or kimberlygaskill@yahoo.com

Kim Gaskill, BIC member since 2000



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/>.



**BIC members:
please help Cliff
reach his goal. I do-
nated because my
mother beat cancer
twice, my sister-in-
law beat breast can-
cer, my uncle died
of pancreatic cancer
and now, my sister-
in-law Jan, 53, is
battling Stage 4 liver
cancer. Cancer
touches so many
people—help Cliff
and 4K for Cancer
fight cancer across
the country!**

~Sharon Doak, editor



IOWA GOES BY BICYCLE CHALLENGE

We believe that Iowans can combat the rise in inactive life-styles diseases simply by integrating riding bicycles into our daily lives. The goal: 1000 new bicyclists!

We work to support and encourage new riders to see for themselves the countless benefits of bicycling through a friendly competition called the Iowa Goes By Bicycle Challenge. The best motivation and support comes from friends, family, and co-workers, and we serve as a base to facilitate this. Our publication, the Iowa Goes By Bicycle Guide, also serves as a tool that we hope to get out to as many new riders as possible.

Iowa Goes By Bicycle Challenge: May 2 - October 14, 2011

- 1 – [Sign up](#). Individuals or Teams
 - 2 – Commit to bicycling more
 - 3 – Log your minutes to win bike gear
- It's that easy!

Iowa Goes By Bicycle Guide:

A 32 page how-to bicycle manual & trail/travel guide specific to Iowa.

Request the Guide at <http://www.iowagoesbybicycle.com/>

Lack of physical activity is leading to increasing health consequences for Iowa adults and children. 65 percent of Iowans are overweight and 28 percent of those people are obese. Many Iowans don't have access to wellness facilities, gyms, or sports complexes, but many have access to the basic bicycle.



Iowa Goes By Bicycle is a campaign to get more Iowans riding their bicycles for transportation and recreation. Beginning May 2nd we hope to introduce new riders to the joy of a bicycle lifestyle by supporting and encouraging people to join the **Iowa Goes By Bicycle Challenge** through October 15th.

Join the Iowa Goes By Bicycle Challenge to get the support and encouragement you need to choose bicycling over driving. It is a physical activity contest that takes place over five months. Participants log minutes spent riding their bicycle and can win bike gear. Points are assigned for each minute a participant uses a bicycle for recreation or transportation.

Experienced bicyclists can show their dedication to bicycling by encouraging others and becoming a bicycling mentor. Suggest that friends, family and co-workers sign up for the IGBB Challenge.

Made possible by a grant from the Wellmark Foundation, the Iowa Bicycle Coalition is able to implement a program designed to help Iowans to live a healthier and bicycle-friendly lifestyle.

Lets get rollin'!

For more information, contact

audrey@iowabicyclecoalition.org or call 515-309-2867

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!





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.

MAY 2011

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chaserudy@southslope.net

Lock up your bike!

Bike thefts are up in the Iowa City area- always carry a lock when bicycling.



WWW.BICYCLISTSOFIOWACITY.ORG