



NOVEMBER/DECEMBER 2011

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

BIC HOLIDAY PARTY TIME—DEC. 2



It's time to hang up the bicycle for the season. Put away the bright-colored jerseys and the sweat-wicking spandex. Time to dream of a warmer, dryer, more welcoming weather to hit the road on two wheels.

Until then, join your fellow cyclists on Friday, December 2 as we raise a glass of cheer at the BIC Holiday Party. This year, let's eat, drink, and be merry at Ms. Susan's, 1215 Jordan St., North Liberty. Plan to arrive between 6:30-7:00 pm, with dinner served at 7 pm. Dinner includes a choice of *walnut honey chicken* or *pork with apple glaze*, as well as glazed carrots, green beans with

bacon, party potatoes, rolls and butter, assorted greens salad with choice of dressing and coffee, tea or water. Adult beverages are extra. Cost is \$19 per person.

Please send your check and *meat* choice to Donna Hamm, 2480 Belmont Dr. Coralville, IA 52241, by **November 21**.

Directions to Ms. Susan's: Take Hwy 965 to Ashley Court to 1215 Jordan St. Oh, and bring your dancing shoes!

8th Annual Holiday Lights Ride

Date: Saturday, December 10

Time: 6:00 PM

Ride Leader: Todd Erickson

Ride Start: Quinton's Bar & Deli, 2500 Corridor Way #5, Coralville

Route distance: approximately 10 miles



Details: Our 8th Annual Holiday Light Bike Ride is scheduled for Saturday, December 11, from Quinton's Bar & Deli, 2500 Corridor Way #5 Coralville. This is in the Coral North shopping center at Holiday Rd and Hwy 965, north of Coral Ridge Mall. For more information please email txerickson@yahoo.com or call 270-4969. Goodies to share during the ride are welcome! A loaf of banana bread or bread pudding fits perfectly in many rear rack top bags (or so I've been told). This ride will not be cancelled due to snow, unless it is exceptionally deep or heavy/wet. But rain, freezing rain or ice is another story... Check your email Friday evening for any cancellation notice.

The best way to get there by bike is to take Holiday Rd west to Corridor Way then follow Corridor Way south at the roundabout.

Pre-Ride: I plan on getting to Quinton's around 5:00 PM for a little pre-ride chow. For those that are interested, I can try to get a couple of tables for a group when I arrive. Please RSVP to txerickson@yahoo.com by Friday, Dec 9th so I can have a rough head count. No RSVP is needed otherwise for the ride itself.

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Hello RAGBRAI Riders,

Registration for Ragbrai XL will open on November 15th. If you would like to ride with BIC, here's the routine: Go to www.ragbrai.com/registration, complete the log in process, then choose to register 'with a group'. Choose BIC from the list of groups and fill out the application. Print and sign the waiver, and you will send it to me along with your payment. The fee will probably be \$295 again this year (\$150 for the Register and \$145 for BIC), but the final amount isn't set in stone yet. Please wait to send your payment and waiver until I send out an announcement regarding the final fee. Payment will be due by February 1st. For those who are new to this routine, the Register's fee covers their wristband/bikeband package, and the BIC fee covers the bus rides to and from the beginning and end, plus baggage hauling.

Please feel free to email me for questions at keparrott@mchsi.com. Happy trails! Karen Parrott

Jan/Feb 2012 deadline for submission to skdoak@yahoo.com is Dec. 15, 2011.

BIC BOARD MEETING MINUTES

AUGUST 16, 2011 Submitted by Rick Walton, Secretary
Present: T Stewart, N Van Der Weide, Parrott, Copper, Erickson, Doak, Oppliger, Goff, Duggan, Walton

Vice President Duggan: Discussion of Lower Sand Road, as related to problems of overuse, speeding, inappropriate truck travel, etc. BIC has been asked to attend JC Board of Supervisor's meeting where this problem will be discussed, particularly the enforcement issues. The Officers agreed that this is worthwhile, as it also affects the safety of bicyclists. The Courage ride is close at hand; things are coming together.

Treasurer T Stewart: Reviewed our financial status. All is in order and stable.

Touring Erickson: Discussed Courage Ride route considerations. Reviewed upcoming event rides. There are a variety, including bagger (camping). Erickson is continuing to generate route maps, which are entered as links on the BIC website. The Board recognized his efforts and how this aspect continues to improve.

RAGBRAI Parrott: The ride was a challenge this year because of heat and humidity and hills. A lot of riders did not finish. Cell phone battery charger battery failed and will be repaired. Overall, RAGBRAI was successful again. Much of the success is due to the organization and efforts of Parrott.

Editor Doak: The cycling caps came in too small and the wrong color. The manufacturer will redo according to the correct specs at no additional charge. Reviewed the status of the BIC clothing inventory. Although sales have been good, there are some sizes and styles that remain. Discussed the design of a new jersey. The opinion was to retain the basic style and color, with some slight modifications.

Doak is organizing the Root River weekend of October 1 and 2. There will be a variety of events. 30 riders have already signed on.

Publicity Copper: Courage Ride update-the event has been widely advertised in various publicity venues.

Advocacy Oppliger: Gave Bike Rodeo and Bike Friendly updates. Discussed expanding to other JC elementary schools; the Board was in favor of this. The JC Trails Commission will be pursuing Bike Friendly status for Johnson County. Discussed how BIC can help with this. The Board is supportive.

September 20, 2011 Submitted by Mary Copper

Present: M. Copper, A. Duggan, B. Goff, J. Stewart, T. Erickson, N. Van Der Weide, B. Oppliger

President: Nate Van Der Weide Discussed the support being generated for the Gilbert Street "road diet". Mark Wyatt and Ryan Baker are the key contacts. The City is involved with internal discussions regarding further study of creating a "road diet". Gilbert Street is not meeting the needs of all citizens and could be made better by painting bike lanes. It is difficult to turn left into businesses and there are complaints of rear end crashes and near misses. Painting new lanes is a low cost option in lieu of widening the street. This is an issue that BIC members should raise with council member candidates during the fall debate.

Nate discussed BIC board member support for a candidate forum for city council candidates. A forum is being sponsored by Think Bicycles of Johnson County. The biking community,

including BIC, would like the City to be more aggressive in addressing policies and projects that support the increased use of bicycling as transportation. This is an opportunity to ask the candidates how they would support the needs of the cycling community. The forum will be Wednesday, October 26 - 7 -10 pm at the [Iowa City Public Library](#) in Meeting Room A. The BIC board agreed to have a strong showing at the forum and would encourage all BIC members who wish to attend to be present as well.

Membership: Jan Stewart: Gave a general membership status report and proposed sending a thank you to Brian Morelli for his extensive press coverage of BIC, local RAGBRAI participation, and the biking community as a whole. Brian is no longer with the Press Citizen. BIC enjoyed and appreciated having Brian and Sarah Morelli travel with BIC for the week of RAGBRAI. BIC continues to have over 500 members. Jan had a sympathy card for board members to sign on behalf of BIC, for former BIC president, Steve Poggenpohl for the loss of his father.

Vice President Ann Duggan: Opened discussion regarding residents along "Old" Sand Road between F62 and Hwy 22 that have organized into "The Sand Road Project" to fight speeding and problems mainly caused by 18-wheel truck traffic on their stretch of the road. The new section of north Sand Road—modernized, straightened and widened, with paved shoulders—funnels into old Sand Road south of the Hills 4-way stop signs. The older portion has no shoulders, no road ...markings and no posted speed limit. It is dangerous for anyone traveling at lower speeds: local farmers, children waiting for school buses, and bicyclists using the road. She encouraged board members to support "The Sand Road Project" and to join other supporters at a meeting with the Johnson County Board of Supervisors on Thursday, Oct. 13 at 5:30 pm in the Johnson County Administration Building.

Treasurer: Todd Stewart: Jan Stewart provided a BIC revenue/expense sheet and a RAGBRAI income/expense sheet, in Todd's absence. Funds are stable.

Touring: Todd Erickson reported that he is working on a master DOT county map in a pdf file for rides. He is starting to seek hosts for the Holiday Lights ride and the Hot Chocolate ride.

Editor: Sharon Doak was absent but it was discussed that she will be including in the October newsletter the slate of officers for election as well as the nominating committee. The BIC election of officers and a special presentation by Tom Ray will be on Tuesday, October 25, starting at 6:30 pm at Blackstone's in Iowa City. Board members were also reminded that BIC's Holiday party is on Friday, December 2, 2011, 7:00 pm, at Ms. Susan's in North Liberty.

Publicity: Mary Copper the BIC ride schedule continues to be sent to the Press Citizen with rides also promoted on the BIC Facebook page. Reported on the Courage Ride having over 350 riders and raising about \$30,000. The BIC board expressed much appreciation for the BIC members who volunteered to help with this event as well as those who participated.

Advocacy: B. Oppliger Reported that the Bike Library will host another series of bike maintenance classes, details are pending. Bob informed the board about an initiative underway to create a Bike Friendly Campus. This initiative is engineered by six engineering students who are working to elicit UI support in creating a Bike Friendly Campus. The hope is to enlist the support of UI employees in this endeavor.



Bicyclists of Iowa City

November 2011 – March 2012 Off-Season Ride Schedule

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

All of season rides are rider's choice "Show and Go" rides. Riders meet up at the starting point at Noon (12:00 PM) and decide on the route. A ride leader may be designated at that time. Riders shall account for their own riding readiness based on physical conditioning, road conditions, weather conditions and preparation for unpredicted weather and temperature changes. Remember that in cold weather chills can set in quickly if you overextend your energy reserves. Also, road side repairs such as fixing flats are more difficult with cold hands and cold stiff tires. Battery run times for lights may also be reduced.

A selection of maps is available at <http://www.bicyclistsofiowacity.org/Routes-Maps.html>.

Saturdays	Sundays
Napoleon Park, Iowa City	Weber Elementary, Iowa City
Nov 05	Nov 06
Nov 19	Nov 20
Dec 03	Dec 04
Dec 17	Dec 18
Dec 31	Jan 01
Jan 14	Jan 15
Jan 28	Jan 29
Feb 11	Feb 12
Feb 25	Feb 26
Mar 10	Mar 11
Mar 24	Mar 25

Saturdays	Sundays
Herky Street, North Liberty	College Green Park, Iowa City
Nov 12	Nov 13
Nov 26	Nov 27
Dec 10	Dec 11
Dec 24 ** NO RIDE **	Dec 25 ** NO RIDE **
Jan 07	Jan 08
Jan 21	Jan 22
Feb 04	Feb 05
Feb 18	Feb 19
Mar 03	Mar 04
Mar 17	Mar 18

Regular weekend ride season begins Saturday, March 31



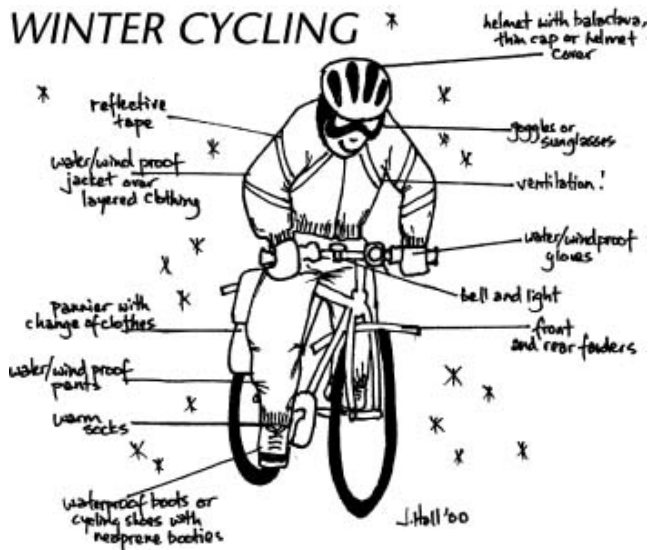
8 THINGS YOU NEED TO KNOW ABOUT WINTER CYCLING

<http://alttransport.com/2010/12/alt-8-things-you-need-to-know-about-winter-cycling/winterbike/>

As the temperature drops outside, one starts to see significantly fewer bicyclists on the road. But just because there's some snow on the ground doesn't mean you have to leave your two-wheeled friend at home. You just need to be more careful. We spoke to some NYC bike messengers and got some tips for you to survive winter cycling.

1. Wear lots of layers when you're riding in the winter. That way it's easy to shed a few if you get warm. Remember to wear a waterproof jacket, pants, gloves, wool socks and waterproof shoe covers to keep your feet from getting wet. If it's snowing, goggles will help keep the snow from getting into your eyes.
2. Make sure you put treads on your wheels to help you from slipping. Some bicyclists prefer to switch to a wider tire with thicker treads in the winter months to give them more balance.
3. Add full fenders for both your front and back wheels to prevent snow and water from hitting you.
4. Ride slower and watch out for puddles. They are often deeper than you think, and they'll send you flying. By going slower you are less likely to skid and have more time to react.
5. Gradually reduce your speed when you need to come to a halt because braking will be more difficult on icy roads. When you're turning make sure to slow down and keep your weight on top of the bike — instead of leaning into the turn. For true winter situations, disc brakes will work better than rim brakes.
6. Drop your tire pressure by 10 to 20 PSI (pounds per square inch) because it slows you down and gives you better traction.
7. Increase the number of reflectors you have on your bike and always attach a headlight. Visibility is significantly lower during winter months and drivers will have a harder time noticing you.
8. Clean and lube your bike more often. Salt and ice can corrode parts of your bike.

WINTER CYCLING *



2012 Hot Chocolate Ride call out for hosts

Date: Saturday, January 28. (or January 21 or possibly early February)

Time: TBD

Ride Start: TBD

Ride Leader: TBD

Route distance: approximately 15 miles

Details: This is a pre announcement for the annual Hot Chocolate Ride. The traditional date has been the last Saturday in January.

In recent years this ride has been mainly in North Liberty and Coralville area. This year I'd like to get several members as hosts for a route in Iowa City itself. I think 3 – 4 stops would work best. The final route will depend on who volunteers to host the stops, dates available, and the practicalities of getting a route together among the possible stops. It isn't necessary for anybody to host the start/finish itself. That could be public establishment for pre-ride and or post ride socializing or meal (Blackstone, Shakespeare's or 2 Dogs pub have been floated for eastern Iowa City options along or near Scott Blvd).

As a host, offering hot chocolate is preferred, but any other warm drinks such as coffee, tea or cider are certainly welcome. Other snacks or munchies offered will be welcome as well but are totally up to the host. Once I get a set of hosts to work with I will be in further contact to coordinate the ride details like arrival times, food/drink being offered etc. I don't want to burden anybody with the expectation of being a lunch host so will probably start the ride close to noon with a pre ride lunch optional. Or may start mid morning and finish with a post ride lunch at a bar/grill or restaurant.

Hot Chocolate Hosts: Anybody wishing to host a stop or get more information about hosting a stop please email txerickson@yahoo.com or call 270-4969 by Friday Dec 02, 2011 so that firm plans can be announced in the January – February 2012 newsletter.



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.

NOVEMBER/DECEMBER 2011

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HAPPY
THANKSGIVING!



SEASONS'
GREETINGS!

WWW.BICYCLISTSOFIOWACITY.ORG