



SEPTEMBER 2011

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

4TH ANNUAL BIC PICNIC



This year's BIC picnic potluck will take place on **Sunday, September 25** at the **Sutliff Cider Company** (328 Sutliff Road near Lisbon). We will plan to eat at 1:00 PM. Todd Erickson will be leading the ride from Sutliff Cider Co. at 9:00 AM to Springville, about 30 miles round-trip. Slow-cookers can be plugged inside the Cider Co. at 9:00 before leaving on the bike ride. Please bring your entire family along with food to share. Table service (plates, napkins, utensils) will be provided. We plan to have music from 3:00-5:00. All beverages, including beer, hard cider, soft cider, and raw cider, will be purchased from Sutliff Cider Co. This will be a great opportunity to reflect on past rides.

If you have any questions, please feel free to contact me at (319) 626-6369 or chaserudy@southslope.net. The picnic **WILL** take place rain or shine. Looking forward to seeing you all there.

Tailwinds, Steve Rudin



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Thank You to the Friese's

BIC would like to thank Kim and Kurt Friese for hosting the delicious BBQ and other delightful foods on Saturday, August 20th.

Riders gathered at the Friese home at 9:00 am, going on a new route across the Coralville Reservoir dam to Newport Road and then taking the new wide shoulder along Highway 1 to Solon. A stop at the Savvy Coffee & Wine Bar was enjoyed by all. We then headed back to North Liberty and biked the newly completed bike trail along N. Dubuque St. back to the Friese's.

Thank you Kim and Kurt for being such wonderful hosts!

October 2011 deadline for submission to skdoak@yahoo.com is Sept. 15, 2011.

SPECIAL BIC RIDES IN SEPTEMBER AND OCTOBER

First Millennial Blue Grass River Ride

Date: Saturday, September 10

Time: 9:00 AM

Ride Start: Wapsi Park, West Liberty

Meet at: Wapsi Park parking lot

Ride Leader: Todd Erickson

Route distance(s): 73 miles or 49 with a shortcut

Join me for a ride inspired by the last day of this year's RAGBRAI: A route from West Liberty to Blue Grass and Muscatine. Part of the route will follow the Mississippi River in to Muscatine. We will return to West Liberty along the Saulsbury Bridge Recreation Area. I plan to have long stops in Walcott at the Lampliter Inn, in Blue Grass at the Corner Grill and in Muscatine at the Button Factory or The Pearl. A shorter alternative of about 49 miles to Muscatine for some riders could be to head south out of Wilton on X14 to Sweetland then Muscatine, skipping Walcott and Blue Grass. Considering bike riding time plus three planned hour long stops I expect to get back to West Liberty around 6:30 PM. Sunset will be about 7:30 so there could be some riding into dusk between Muscatine and West Liberty. **Headlight and tail light strongly recommended.**

Directions from downtown West Liberty intersection of Hwy 6 and Hwy 70 (Columbus St and 3rd St): Go east on Hwy 6 (3rd St) for about 0.4 miles. Turn left on to Corn St. Wapsi Park is on the right along Corn St. Parking lot is less than 1/2 blocks north of the intersection with Hwy 6. No RSVP needed. This ride may be cancelled due to inclement weather. Contact me at txerickson@yahoo.com or 319-270-4969 if you have any questions. Check the September Ride Schedule posted to the BIC Website for links and updates to route maps.

Todd Erickson

continued on pg. 2

Café Dodici Brunch Ride

Date: Sunday, September 18

Time: 8:30 AM

Ride Start: Napoleon Park, Iowa City

Ride Leader: Rick Walton

Route distance: 64 miles

Join us for the last Sunday Brunch ride of the season leaving from Napoleon Park. The ride will be 32 miles through Riverside to Washington for Brunch at Café Dodici. Retrace route to return. So that we may give a headcount for reservations at Café Dodici please RSVP to Rick Walton by Thursday Sept 15. Reservations will be tentatively planned for 11:00 AM.

Café Dodici Brunch Menu: http://www.cafedodici.com/brunch_menu.html

RSVP to Rick Walton at 319-354-8090 or richard-walton@uiowa.edu



Wapsipinicon River Valley Fall Foliage Ride

Date: Saturday, October 15

Time: 12:00 Noon

Ride Start: Wapsipinicon Park, Anamosa

Meet at: Pedestrian bridge at Wapsipinicon Park entrance.

Ride Leader: Todd Erickson

Route distance(s): 35 miles plus longer options

The hills are alive with the sound of music. Oops, wrong map. Join me for a ride in the colorful change of seasons from Wapsipinicon State Park to Waubeek, Whittier and Stone City. There is an 8 mile longer route option to Central City. Terrain is almost entirely long rolling hills, but with plenty of scenic views. Along the route I plan to make a long stop in Waubeek for lunch at F.B. & Co along the river and Stone City at the General Store Pub (also along the river). Back in Anamosa there are plenty of options for later in the afternoon and evening: visit the Daly Creek Winery-Bistro, stop by the local watering holes, or tour the National Motorcycle Museum. Within Wapsipinicon State park you can ride the park road, explore ice caves, hike trails or take in a round of golf.

For those who may be interested, I will also be camping overnight to do another ride Sunday morning. Will get a breakfast at the Anamosa Family Restaurant then head out for a ride in the 50 mile range to Monticello and Prairieburg or Wyoming and Monmouth.

Campground reservation cost is \$10 total (\$6 per night for the tent campsite spot, \$4 for online registration service fee). Oct 15 is the last day of peak season. There are three "tent only" campsites near the Boy Scout Lodge and Golf Course Clubhouse off of the upper park road. I will have one of them reserved for myself. This is about the time for water to be shut off in Iowa State parks but the exact weekend varies year to year and among locations.

You may want to bring a sun shower, extra water for showering and maybe a pot for heating water.

Look for more information, maps and driving directions to the Wapsipinicon Park in the October newsletter. Contact me at txerickson@yahoo.com or 319-270-4969 if you have any questions. Todd Erickson

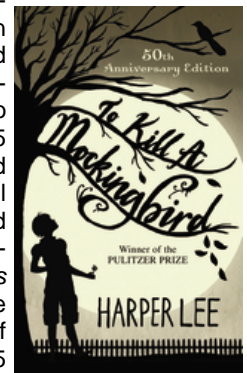
ROOT RIVER TRAIL RIDE OCTOBER 1-2

Join us for autumn on the Root River trail in October! Thirty people have indicated to me that they will participate and there is still time to join us!

Lanesboro, Minnesota and the Root River Trail offer an excellent venue for enjoying the fall colors. Freshly fallen leaves will crunch under our bike tires as we ride under the fall canopy bordered by bluffs on one side and the Root River on the other. Farms form a patchwork quilt of crops awaiting harvest on the rolling country side. The Amish dry their corn the old fashioned way with rows of corn shocks standing tall to catch the fall breezes. We will experience cool, crisp nights and the first maples starting to show their fall colors. South East Minnesota beckons with vistas and valleys, hardwood forests, and plentiful wild life.

We will drive to Lanesboro on September 30 and you can chose camping or a B&B. I have made camping reservations for those who want to camp at Eagle Cliff campground. The group camping rate will be \$11/person/night. If you wish to stay at a B&B, reserve your rooms by going to <http://www.lanesboro.com/lanesboro-lodging-main.php>.

Saturday, October 1st, we will bike from Lanesboro to Harmony, thru the trail town of Preston. After taking a break in Harmony, we will retrace the trail back to Lanesboro with mileage of about 45 miles. After an enjoyable day of biking, savor dinner in one of Lanesboro's fine restaurants and then take in an evening at the Commonwealth Theatre. The theatre features "To Kill a Mockingbird". (tickets are \$25 each, which is the group discounted rate). On Sunday, October 2nd, we will bike from Lanesboro to Rushford, and retrace back to Lanesboro, with a special stop at the *World Famous Pies* Aroma Pie Shop in Whalan. Maggie there said they "have almost any kind of pie you can imagine". Expect 12-15 different kinds of pie!



Please send me an email (skdoak@yahoo.com) by **September 15th** if you plan to go and indicate if you wish camping and theatre tickets, so that I can reserve enough spots.

Sharon Doak

ROOT RIVER
STATE BIKE TRAIL SYSTEM



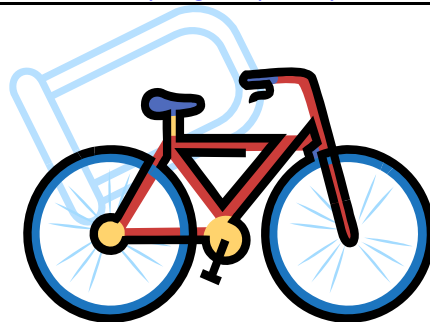
September 2011 Ride Schedule

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.

Bicyclists of Iowa City 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. Rides yet without a volunteer ride leader show the ride leader as "Riders Choice". To volunteer as the ride leader please contact Todd Erickson. For the latest updates to maps linked within this schedule check this schedule on the BIC website monthly ride page ride at <http://www.bicyclistsofiowacity.org/Monthly-Ride-Schedule.html>. All other maps are at <http://www.bicyclistsofiowacity.org/Routes-Maps.html>

DATE & CLASS	TIME	MEET AT	MILES	RIDE LEADER	DESTINATION(S)
SAT Sep 03 Class B	09:00 AM	Napoleon Park, Iowa City	31 to 57	Riders Choice	Frytown or Lone Tree
<p>Description: Amish or Lone Tree loops - Today's route will be decided among the riders. The suggested routes are Amish loop, out and back to Wellman or Lone Tree- West Liberty loop. 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 note to anybody who may wish to ride the Amish loop: 540th St (F67) in front of the Twin Dairy Cheese Factory has been closed for re-surfacing since mid August.</p> <p>Amish Loop Map: http://www.bicyclistsofiowacity.org/Maps/IC-Amish-Loop-fr-Napoleon-Pk-41mi.pdf West Liberty or Lone Tree Loop Map: http://www.bicyclistsofiowacity.org/Maps/ICity-WLiberty-Nichols-LoneTree-57mi.pdf West Liberty detail Map: http://www.bicyclistsofiowacity.org/Maps/City-Detail-WLiberty-1.pdf</p>					
SUN Sep 04 Class B	10:00 AM	North Liberty Community Center	40 to 64	Riders Choice	Amana, Marengo
<p>Description: Amana Festival of Beers - Today's route will be decided among the riders. The suggested route is to Amana and possibly Marengo. For those who have already signed up (deadline was July 1) there is the option of stopping by the Festival of Beers which begins at 1:00 PM. 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 or the route you wish to ride. 40 miles out and back to Amana, 64 out and back to Marengo</p> <p>North Liberty to Amana and Marengo BIC Map: http://www.bicyclistsofiowacity.org/Maps/NLiberty-Amana-Marengo-32mi.pdf Marengo detail Map: http://www.bicyclistsofiowacity.org/Maps/City-Detail-Marengo-1.pdf Amana detail Map: http://www.bicyclistsofiowacity.org/Maps/City-Detail-Amana-1.pdf</p>					



September 2011 Ride Schedule Continued

SAT Sep 10 Class A	09:00 AM	Wapsi Park, West Liberty	73, 49	Todd Erickson 319-270-4969	Wilton, Durant, Walcott, Blue Grass, Muscatine
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Description: Blue Grass River Ride – This is a ride inspired by the last day of this year's RAGBRAI: A route from West Liberty to Blue Grass and Muscatine. Part of the route will follow the Mississippi River in to Muscatine. We will return to West Liberty along the Saulsbury Bridge Recreation Area. Plan to have long stops in Walcott at the Lampliter Inn, in Blue Grass at the Corner Grill and in Muscatine at the Button Factory or The Pearl. A shorter alternative of about 49 miles to Muscatine for some riders could be to head south out of Wilton on X14 to Sweetland then Muscatine, skipping Walcott and Blue Grass. Considering on bike riding time plus three planned hour long stops expect to get back to West Liberty around 6:30 PM. Sunset will be around about 7:30 so there could be some riding into dusk between Muscatine and West Liberty. **Headlight and tail light strongly recommended.**



This is a Class A ride only because of the distance. Average pace will be in the 14-15 mph range

Muscatine Trail Map: <http://www.muscatineiowa.gov/DocumentView.aspx?DID=224>

73 mile Online Map: <http://classic.mapmyride.com/route/us/ia/west%20liberty/972131336660330915>

49 mile Online Map: <http://www.mapmyride.com/routes/view/45756682/>

BIC 73 mile Map: <coming soon>

West Liberty Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-WLiberty-1.pdf>

Muscatine Detail: <coming soon>

SUN Sep 11 Class B	09:00 AM	Weber Elementary, Iowa City	27 to 54	Riders Choice	Windham, Parnell, Williamsburg
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Description: Riders Choice - 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 a suggested 54 mile route. Several shorter options exist by turning north before Parnell on Black Hawk Ave west of Windham or on W21 just before Holbrook. The shortest option is to loop through Cosgrove. 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.

BIC Map: <http://www.bicyclistsofiowacity.org/Maps/Irv-Weber-West-Hi-Parnell-Williamsburg-54-mi.pdf>

Williamsburg Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Williamsburg-1.pdf>

SAT Sep 17 Class B	09:00 AM	North Liberty Commu- nity Center	30 to 36	Riders Choice	Oxford, Tiffin
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Description: Oxford – Tiffin loop - Today's route will be decided among the riders. The suggested route is a loop of Tiffin and Oxford. Longer versions of this loop can be made by going south out of Oxford all the way to Black Diamond Rd, through Windham and Cosgrove then north to Tiffin. 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 note to anybody who may wish to ride the Amish loop: 540th St (F67) in front of the Twin Dairy Cheese Factory has been closed for re-surfacing since mid August.

BIC Map: <http://www.bicyclistsofiowacity.org/Maps/NLiberty Oxford Tiffin Loop 26mi.pdf>

Oxford Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Oxford-1.pdf>

Tiffin Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Tiffin-1.pdf>

September 2011 Ride Schedule Continued

SUN Sep 18 Class B	08:30 AM	Napoleon Park, Iowa City	64	Rick Walton, 354-8090	Riverside, Washington
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Description: Café Dodici Brunch - Join us for the last Sunday Brunch ride of the season leaving from Napoleon Park. The ride will be 32 miles through Riverside to Washington for Brunch at Café Dodici. Retrace route to return. So that we may give a headcount for reservations at Café Dodici please RSVP to Rick Walton by Thursday Sept 15. Reservations will be tentatively planned for opening at 11:00 AM, so with an 8:30 start should get there pretty close to that time. **RSVP** to Rick Walton at 319-354-8090 or richard-walton@uiowa.edu



Café Dodici Brunch Menu: http://www.cafedodici.com/brunch_menu.html

BIC Map: <http://www.bicyclistsofiowacity.org/Maps/IC-Hills-Washington-Riverside-64mi.pdf>

Washington Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Washington-2.pdf>

SAT Sep 24 Class B	09:00 AM	North Dodge Hy Vee	40 to 62	Riders Choice	Morse, Cedar Valley, Tipton, West Branch
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Description: Cedar Valley and Tipton - Today's route will be decided among the riders. The suggested route is a loop of Tiffin and Oxford. Longer versions of this loop can be made by going south out of Oxford all the way to Black Diamond Rd, through Windham and Cosgrove then north to Tiffin. 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 nice place to stop in Tipton is Rino's Grill on Cedar Street. Try the fried pickle spears!

BIC Map: http://www.bicyclistsofiowacity.org/Maps/ICity_Downey_WBranch_Tipton_Morse_Loop_62mi.pdf

Tipton Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Tipton-1.pdf>

West Branch Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-WBranch-1.pdf>

Iowa City Detail (Scott Blvd section): <http://www.bicyclistsofiowacity.org/Maps/City-Detail-IowaCity-East-1.pdf>

SUN Sep 25 Class B	09:00 AM	Sutliff Cider Company	25	Todd Erickson 319-270-4969	Lisbon, Mt Vernon, Springville
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Description: Fall Potluck Pre Ride - Today's route will be an out and back to Springville. The Picnic at Sutliff Cider begins at 1PM. We will meet at Sutliff Cider in the morning, depart at 9:00 AM and should return by Noon in time to freshen up and relax before the meal. We will have a brief stop in Springville and regroup in Mt Vernon both ways. Longer stop in Mt Vernon on the return trip if time allows. The roads are rolling hills for the entire route but the pace will not be difficult. Sutliff Cider has live music Sundays starting at 3PM.



Online Map: <http://classic.mapmyride.com/route/us/ia/solon/111130988573067651>

BIC Map: <http://www.bicyclistsofiowacity.org/Maps/Solon-MtVernon-Springville-26mi.pdf>

Lisbon – Mt Vernon Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-MtVernon-1.pdf>

Springville Detail: <http://www.bicyclistsofiowacity.org/Maps/City-Detail-Springville-1.pdf>

Wednesday Night Ride Schedule

DATE	MILES	DESCRIPTION
September 7 5:30 PM Hills – East Lone Tree Loop	27 miles	Meet at Hills School, just east of the 4 way stop. Our ride will take us east out of Hills toward Lone Tree. This ride promises to be very pleasurable with relatively no hills and great road surface. After the ride we will eat in Hills or Iowa City. For questions call Joe Smith at 627-2274. For safety, bring lights and blinkies for biking at dusk or after the sun sets!
September 14 5:30 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 IWV 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. After the ride, we can eat at a diner of your choice in Iowa City. For questions call Sharon Doak at 626-6834. For safety, bring lights and blinkies for biking at dusk or after the sun sets!
September 21 5:30 PM 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 or Iowa City afterwards. For questions call Steve Rudin at 626-6369. For safety, bring lights and blinkies for biking at dusk or after the sun sets!
September 28 5:30 PM Solon Loop	26 miles	Meet at the parking lot for the Solon High School. The ride will go out the old Sutliff Rd. and then west on 140 th . The route will retrace back to Solon or add a 7 mile hammer head to Sutliff. Later we will chat and chew at a diner of your choice in Solon. For questions call Lynn Rose at 341-7886. For safety, bring lights and blinkies for biking at dusk or after the sun sets!

BIC GENERAL MEETING IN OCTOBER

Mark your calendar for the BIC election of officers and a special presentation by Tom Ray and Kathy Sharp on **Tuesday, October 25**, starting at 6:30 pm. The restaurant location will be Blackstone's and the cost of the dinner will be announced in the October BIC Post.

The presentation is "Cycle Oregon 23: The Round-Up Ride" (September 11-18, 2011) that went through NE Oregon and SE Washington, affectionately called the Wallawas (Oregon) and the Palouse (Washington) and home of the Nez Pierce "Chief Joseph". The ride included the 100th Pendleton (Oregon) Round-Up- The Granddaddy of all rodeos - hence the name.



SEPTEMBER 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: **September – Scott Park**; and **October – Iowa City Waterworks Park.**



RIDE THE CHALLENGE: SEPTEMBER 24

September 24, 2011

Miracles Can Happen Boys Ranch

It is hard to believe that once again it is time to prepare for "Challenge 2011". As always I sit here thinking and hoping that this will be the year we get every thing right. The routes go through a variety of towns heading out to see the fall colors along the Wapsi river valley. There are four routes of 25, 55, 75, 100 miles plus the flexibility to add or subtract miles as you may choose. We have 4 sag stops, 5 if you count the fact you go through Bennett twice on the long routes. We have really great sponsors that help fund the tee shirts that are available for all early registrants, volunteers and ranch staff, plus the boys. We have tried to work on the weather this year, so we will have to wait and see how that goes. But we also need people to take the time to come out and ride. That has to be up to you.

This will be the 6th year for the Challenge ride. The main goal of the ride is that everyone have a nice ride, get to meet Jim and Cathy Fry and all the boys at the ranch. There are always new things going on at the ranch. But you also get to see and hear about all the good things that are happening in the boys lives

Miracles Can Happen Boys Ranch is a Christian Home atmosphere that is designed to help troubled boys that are suffering personal problems in their lives. It is through several fund raisers that they generate monies to handle the costs associated with taking care of these young men. The ranch does not receive any government money. Most monies are

through activities such as the Challenge and private donations. Last year we raised over \$2000 towards their care. Hopefully we can raise twice that much this year. Once again hoping to raise more than the golf outing.

As always, the boys are at the registration, the breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies. Most riders find that the boys enjoy meeting everyone. I have found that most times they just want someone to care about them and listen.

This year we will again be starting off with a pre-ride Breakfast of great pancakes, eggs, bacon and sausage and what ever else Jim and Cathy can find to fix. All prepared for the cost of a "Free will donation". There will also be Root Beer Floats available at the end of the ride.

Registration can be done by downloading a form from the ranch website: www.mchboys.com or online registration through the ranch website. Registration is \$20 for early registration before 9/10/2011, or \$25 after 9/11/2011 till day of the ride.

I hope you will take the time to consider including our ride to your ride schedule. Registrations and all donations are tax deductible.

For further details contact: Miracles Can Happen Boys Ranch, <http://www.mchboys.com>
Dick Grimm, 1614 300th Street, Wilton IA 52778

THE COURAGE RIDE ON AUGUST 27

Todd Erickson is served a delicious Dad's Belgian waffle at the Courage Ride breakfast. →



BIC members on the Courage Ride committee: Todd Erickson, Mary Copper, Donna Hamm, Todd Stewart, Steve Rudin, & Jan Stewart.

← Tom & Jackie Bailey

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.

SEPTEMBER 2011

BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

President

Nate Van der Weide
319-430-9941
natev@comp-sol.com

Vice-Presidents

Donna Hamm 400-4111
donnaghamm@q.com
Anne Duggan 319-621-0221
annem.duggan@gmail.com

Treasurer

Todd Stewart 338-2396
toddstewart@gmail.com

Secretary

Rick Walton 354-8090
richard-walton@uiowa.edu

Publicist

Mary Copper 430-7169
mary-copper@uiowa.edu

RAGBRAI @ Coordinator

Karen Parrott
keparrott@mchsi.com

Membership

Jan Stewart 338-2396
janbike56@gmail.com

Touring Coordinator

Todd Erickson 319-270-4969
txerickson@yahoo.com

Wednesday Evening Ride Coordinator

Lynn Rose 341-7886
lmisking@hotmail.com

Thursday Evening Ride Coordinator

Barb Goff 351-8609
bentriider@mchsi.com

BICYCLE Post Editor

Sharon Doak 626-6834
skdoak@yahoo.com

Education & Safety Advocate

Bob Oppliger
boboppliger@q.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



WWW.BICYCLISTSOFIOWACITY.ORG