



JANUARY/FEBRUARY 2012

# THE BICYCLE POST

BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## MADISON WI BIKE SWAP & TREK TOUR!

I invite you all to check out the **21st Annual Madison Bike Swap on January 14, 2012**, from 9:00 am to 3:30 pm at the Alliant Energy Center Exhibition Hall in Madison, Wisconsin. One of the largest bike swaps in the Midwest, you can find new and used parts, tools, frames, complete bikes, wheels, helmets, shoes, components, and just about any other bike-related items you can think of! What better way to gear up for the 2012 biking season, find some great deals, and meet other biking enthusiasts from all over the Midwest!

In addition, I have arranged for **Trek in Waterloo, WI, to give us a factory tour on Friday, January 13 at 10:00 am!** Waterloo is only about a 1/2 hour drive from Madison. On Trek's 1-hour tour, you will see & hear about:

1. Trek's history- They have a lobby & large atrium with 16 history bikes hanging on the wall. You will learn a little bit about each one, and have the opportunity to take as many pictures in this area as you want. Bikes include one of the 1st 100 ever made by Trek, one of the first full-carbon frame bikes they produced, 5 race bikes Lance Armstrong rode to victory in the Tour de France, current generation examples, the original mountain bike created by Gary Fisher, and world championship mountain bike race bikes.
2. You will get a look at Trek's design center and test lab by walking through it, and a view of the race department.
3. Finally, you will get a tour of the manufacturing process, where the frames and bikes are built, carbon layups and decals are applied by hand, bikes are painted, etc.

For more information on the Bike Swap, visit: <http://brazendropouts.org/pages/events/swap> and download the 2012 Swap poster.

I will be traveling to Madison Thursday evening, January 12. If you will be attending the Bike Swap and the Trek factory tour, please RSVP to me at [skdoak@yahoo.com](mailto:skdoak@yahoo.com) so that I can give Trek an estimated count of BIC members for the tour. Hotel arrangements are on your own. If you have any questions or would like to carpool, please email me!



**TREK**



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BIC Cycling Caps are here!  
\$10

Caps will be available for purchase at the February 29 Bike Expo and all BIC General Meetings in 2012.

Contact Sharon at [skdoak@yahoo.com](mailto:skdoak@yahoo.com) if you would like a cap and can't make it to these BIC events.

March 2012 deadline for submission to [skdoak@yahoo.com](mailto:skdoak@yahoo.com) is Feb. 15, 2012.

## 28TH ANNUAL HOT CHOCOLATE RIDE

Date: **Saturday, January 28<sup>th</sup>**

Time: 1:00 PM

Ride Start: 1630 North Dubuque Rd, Iowa City (Jim Putnam and Kate Holt home)

Ride Leader: Todd Erickson, 319-270-4969

Route distance: about 10-15 miles

Post Ride: Dinner at Bob's Your Uncle, 2208 N Dodge St.



This year there are a couple of changes. The routes in the last few years have been in North Liberty or Coralville. This year we will be in eastern Iowa City. We are having an early afternoon start with a post-ride early

dinner at Bob's Your Uncle. As always, several club members will be offering their homes for hot chocolate and hospitality along the route.

Traditionally this ride goes on with snow on the ground, slushy roads and cold weather expected. Please dress according to the weather conditions. If the weather is fair, there may be some extra miles added. If the weather is so bad/icy that it is dangerous to be out, the ride may be canceled and we will gather at Bob's. No RSVP is required. Details on the route will be sent out prior to the event. For questions, contact Todd Erickson at [tixerickson@yahoo.com](mailto:tixerickson@yahoo.com)



## RAGBRAI® Route Announcement Party

Do you want to know the 2012 RAGBRAI XL Route? Attend the RAGBRAI Route Announcement Party on **January 28, 2012** at the Iowa Events Center, Vets Auditorium in Des Moines. The evening will feature live music with a special performance by Boogie and the Yo Yoz. This is the event that kicks off the year of bicycling.

For more information go to:

[www.iowabicyclecoalition.org/routeannouncement](http://www.iowabicyclecoalition.org/routeannouncement)

## 5<sup>TH</sup> ANNUAL BIC BIKE EXPO

**February 29, 2012**

**6:30-8:30 pm**

Mark your calendar for the best "I'm dreaming of the cycling season" event of the year. The 5<sup>th</sup> BIC Bike Expo will be held on February 29, 2012. Come check out the coolest gear of the season, courtesy of our friends in the local bike shops. The fun kicks off at 6:30 p.m., starting with a bit of show 'n' tell from each of the shops. After that, you have a chance to check out the new toys! In past years, we've seen everything from the best and the brightest headlights to fat bikes that are fun to ride. BIC members will also have a chance to get a sneak peek at the 2012 ride schedule. Bring your calendar and sign up to lead a few!

While we're enjoying the best new toys for two wheels, please note that it's being held in a new location this year. **Scanlon Gymnasium/Mercer Park Aquatic Center, 2701 Bedford Drive, Iowa City.** Parking for cars or bikes is free and adjacent to the building.

## RAGBRAI XL UPDATE

Hello RAGBRAI Riders,

Registration for Ragbrai XL is open until approximately the end of January. If you would like to ride with BIC, here's the routine: Go to [www.ragbrai.com/registration](http://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 be \$295 again this year (\$150 for the Register and \$145 for BIC), plus an additional amount if you order a jersey or souvenir pack. 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. For the first time, the waiver will be completed online (unless it is for a minor, in which case it needs to be mailed to me).

My address for the checks (and waivers if applicable) is 728 13th Ave., Coralville, IA 52241. Please feel free to email me for questions at [keparrott@mchsi.com](mailto:keparrott@mchsi.com).

Happy trails!

~Karen

# Jo El Bait Shop Ride

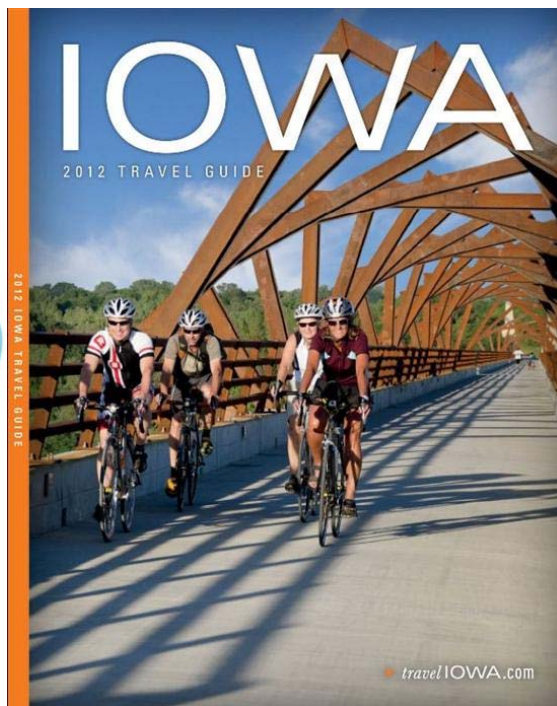
## New Bagger Ride

### June 30 – July 1

**DATES:** Saturday June 30 – Sunday July 1 (overnight stay)  
**MEETING PLACE:** Panora (2 – 2.5 hour car ride from Iowa City)  
**MEETING TIME:** To be decided (likely 8am but be prepared for earlier)  
**RIDE LEADER:** Joel Pickar  
**DISTANCE:** ~130 miles  
**CAMPING COST:** \$8 for a tent spot. Reservations required. Only 16 tent spots available.

For this self-contained ride we'll loop around the greater Des Moines area. The ride starts in Panora, passes east through Adel, Waukee, and Des Moines, then heads north to Saylorville Lake, Polk City and Slater, then heads west through Madrid, Woodward, Perry, Dawson, and Jamaica, finally turning south through Yale and returning to Panora. We'll ride on the wonderful trail system in the greater Des Moines Area. We'll use about 5 of these trails, all of which are paved except for a 4 mile connector packed with dirt and/or crushed gravel. Three of the trails we'll ride are: Raccoon River Valley Trail, Neal Smith Trail, and High Trestle Trail. The latter is a newly opened trail containing the spectacular High Trestle Bridge spanning the Des Moines River. We'll overnight at Saylorville Lake at the Prairie Flower group campsite. Showers and restrooms are available. Besides baggin' it, you'll need lights for night riding. For dinner Saturday night we'll ride from the campsite to Polk City and will likely be riding at night. The round trip ride is ~ 130 miles, split pretty evenly between the 2 days. Along the ride we'll stop for meals, refreshment, and rest as needed. El Bait Shop in Des Moines will be a must on Saturday afternoon. Before arriving at the High Trestle Bridge on Sunday morning, we'll hope the Flat Tire Lounge in Madrid is open for Bloody Marys.

Reservations are necessary. First come, first served. The group campsite is limited to 16 tents. To reserve a spot, send \$8 for you and your tent. Include an additional \$8 for each person in your tent. Send these to me: Joel Pickar, 3919 Hensleigh Dr. NE Iowa City, Iowa 52240. If you have any questions, don't hesitate to call or email me (358-8202, [jpickar@mchsi.com](mailto:jpickar@mchsi.com)). News will follow regarding the time and place of our meeting spot.





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



## THE MARVELOUS MEMORIAL WEEKEND RIDE MAY 26-27, 2012

Friends, its time to start marking dates on your biking calendar for 2012. Our annual Marvellous Memorial Weekend Ride will be held on May 26-27, 2012. Our ride will start in the SE corner of Iowa along less traveled biker roads, and cross into Illinois. The hellish hills of the past will be replaced by historical sites, miles of riding along Old Man River and the beauty of late spring along the route.

The ride will start in Burlington. If you choose to arrive Friday afternoon you can take in the Burlington Snake Alley Criterium Road Races (Pro & Cat 1-2, Cat 3-4 and Citizens). Departing Burlington we will be riding the perimeter of the enormous pre-WWII ammunition plant.

In **Fort Madison** we will eat lunch at a charming downtown bistro just blocks from the restored old fort on the river front. We will ride past the Siemens blade manufacturing plant which will give us a first hand look at how enormous the wind turbine blades really are. At **Montrose** you will have the opportunity to view the Nauvoo Mormon Temple from across the river. These are just a few of the sites you will be able to enjoy before our ride in Illinois on Sunday.

Our overnight stay will be at the Holiday Inn Express in downtown **Keokuk** which is within walking distance to many of the downtown offerings (food, drink, movies, etc.). We have 20 rooms blocked until May 5 under Bicyclists of Iowa City with a group rate of \$79.90 per night. Please call and make your reservations ASAP at (319) 524-8000.

On Sunday we will cross the Mississippi River and ride a short distance to the village of **Nauvoo**. We can visit the museums of brick making, printing, baking, as well as many more interesting sites. At the visitor center you will have the opportunity to watch a short film about Nauvoo at its peak. Friends of Val and Jude Langhurst have offered their farm as a sag stop for us on Sunday afternoon on our way back to **Burlington**.

The total distance for this adventure will be 111 miles. If you have any questions, please feel to contact Val or Jude Langhurst at (319) 930-1244 or Steve Rudin (319) 626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net).

Tailwinds,  
Steve

## 2012 WEEKEND RIDE SCHEDULE RIDE LEADER MEETING

Date: **Wednesday, March 7<sup>th</sup>**

Time: 6:00 PM

Location: **Quinton's Bar & Deli**, 2500 Corridor Way #5, Coralville

Save the date. This is the meeting for previewing the proposed 2012 weekend ride schedule and getting members to volunteer to lead those rides. The schedule we start off with is not "set in stone" so come with ideas on routes you would like to see happen. For each newsletter, that month's schedule gets published and is "set in stone" but prior to each newsletter deadline the routes on the schedule are open for changes. The goal is to have volunteers for each weekend's ride at least through summer. We will have another ride leader meeting in the summer to fill out open volunteer slots through the end of the fall schedule.

Leading rides is a welcome service to BIC and especially to riders who may be unfamiliar with the day's route. Ride leaders get the sign-up sheet filled out, give an overview of the route, set the agenda for the ride (where the re-groups and stops will be, the expected tempo, etc) and on certain classes of rides, stay near the back of the group to make sure slower riders don't get left behind. We all recognize that future plans change, so as a particular date approaches, if you need to decline leading a ride, it is not a big deal. Alternative volunteers can be solicited if given enough lead time.

Further details on this meeting and the 2012 schedule itself will be mailed out in the weeks prior to March 7th.

Thanks,

Todd Erickson, Touring Coordinator

[txerickson@yahoo.com](mailto:txerickson@yahoo.com)

## BIC MEMBERSHIP REPORT

As of November 2011,	
Total Number of BIC Memberships:	343
Total Number of BIC Members:	503
Family In-State Memberships:	125
Family In-State Members (including spouses and children):	272
Family Out-of-State Memberships:	11
Family Out-of-State Members (including spouses and children):	23
Individual In-State Memberships:	167
Individual Out-of-State Memberships:	31
Bike Shops & Honorary Members:	10



## JINGLE CROSS ROCK

Jingle Cross Rock bike races were held on Thanksgiving weekend (November 26-27, 2011).

Race organizer John Meehan has sent out a big thank you to all BIC volunteers and to BIC in general for its participation and \$500 donation to the cause.

Dear BIC members,

On behalf of Todd, Mark, and myself, we would like to thank everyone for helping on this year's 2011 UCI Carousel Volkswagen Jingle Cross Rock. As the dust settles and the mud freezes on the 2011 event, we have countless volunteers we need to thank.

Since we started this event as a small grass roots local race with 40-50 participants in 2004, it has grown to an unprecedented size with nearly 1600 registrants in this year, the 8th year of the Jingle Cross. We have risen from a single day amateur race to a 3 day UCI epic show of international talent. Riders from all over the world competed in this year's event giving it a true international presence. A world class press conference was held at the completion of the event with dozens of photographers and video broadcast. We were also broadcast on the internet. These elite athletes have stated in their blogs and in live interviews that the 2011 Jingle Cross was the best event they have ever been to and all are excited to return in 2012. But that's only the half of it.

It is my great pleasure to announce that The UCI President of the Commissaire's classified the 2011 UCI Jingle Cross Rock venue, course design, atmosphere, registration, professionalism, and organization as the "best I have ever seen in North America". More over, our C2 events were classified as appropriate for C1 status and our C1 was classified as worthy of a World Cup.

This is the highest praise we could have ever dreamed of and is a testament to the hard work, dedication, and ingenuity that all of you have for our event. From Dan's Whoville Whirl, to the perfectly sized start grid made by Bruce, to Todd's challenging descents off Mt. Krumpit, to the Grinch's Lair, the kid's race, and the Speedo Spectacular, and the introduction of Yule Logs, our unique Holiday design has distinguished us from every other cross race in the world. This is exactly what the UCI is looking for and we did it to perfection.

Congratulations on a job well done. The Grinch has ascended Mt. Krumpit and will hibernate for a few months before planning next year's Jingle Cross Rock on November 16th, 17th, and 18th, 2012.



## BIC BOARD MEETING MINUTES

**November 15, 2011**

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

**President Van Der Weide:** Gave an update on Jingle Cross. He is Volunteer Coordinator. More volunteer marshals are needed.

**Secretary Walton:** Minutes of last meeting were approved.

**Vice Presidents Hamm and Duggan:** Hamm discussed ideas about Bike Swap. Board approved the idea and event. Hamm will coordinate, but will need help. The Bike Swap is in the planning stages and has not yet been scheduled. Bike Expo is scheduled for Wednesday, February 29. The next General Meeting is May 22. Walton's will present their story about the bike ride in Indonesia: "Biking Indonesia: Into the Mountains of Toraja".

**Membership J Stewart:** BIC membership now exceeds 500, with several new additions.

**Treasurer T Stewart:** The financial situation of BIC is stable. Will have a year-end report at the next meeting.

**Touring Erickson:** He is requesting assistance with some of the responsibilities. Of particular need is help with recruiting ride leaders and designing routes. Strategies for recruiting ride leaders were discussed. The recruitment meeting is March 7, 6-8:00 at Quinton's in Coralville. There will be drinks and snacks.

**RAGBRAI Parrott (absent, but sent report):** RAGBRAI registration is open. Website information will be updated. Repair of cell phone charger (and modifications) are going well.

**Editor Doak:** Gave general update. New caps are in. The manufacturer finally got them right; color and size are correct.

**Publicity Copper:** All up-coming ride and event information has been submitted to the Press-Citizen.

**Advocacy Oppliger:** Discussed the Iowa City Council resolution of 2007 to make the city more eco-friendly and sustainable; this includes more bike-friendly. BIC could request the Council to adopt a program to evaluate selected streets for bike lanes or sharrows. Discussed the Road Diet (three lane) concept; should BIC support this? The Board agreed that we should. The Board approved \$325 to cover registration at LAB Bike Summit in DC next March; Oppliger will attend. Think Bicycling 2012: the Board agreed that BIC should participate. This is consistent with our mission.

**New Business:** The Courage Ride was discussed briefly. Hamm, Erickson, and Rudin will volunteer. A request will go out to BIC members for other volunteers.

Next meeting: January 17, 2012 at Copper's house.

## Bicyclists of Iowa City (BIC) Membership Application

BIC, founded in 1976, is a group of area bicyclists interested in all aspects of cycling. BIC is affiliated with The League of American Bicyclists, Adventure Cycling, Iowa Trails, and The Iowa Bicycle Coalition. Membership is open to everyone with an interest in responsible bicycling.

Date: \_\_\_\_\_  New

Name: \_\_\_\_\_

Address: new members or change of address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Second Adult Name (for Family Memberships)

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Additional Member Names: \_\_\_\_\_

### Membership Categories:

#### In Iowa

- Individual \$20/yr       Family \$25/yr  
 Optional charitable donation to help bicycling in the local area  
Donation amount: \_\_\_\_\_

#### Out of State

- Individual \$25/yr       Family \$30/yr

### Please read and sign below:

In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind, BIC, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I confirm that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all BIC club rides safe. I agree to hold the club harmless and indemnify the club for all costs, judgments and awards that may be claimed, including the cost to defend such claims brought by you or another in your behalf, or that of others. **Helmets are required on all club rides.**

**\*Note - all adult family members must sign this waiver.**

\*Signature \_\_\_\_\_

\*Signature of 2nd Member \_\_\_\_\_

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

### Some of BIC's activities and interests include:

- Informative, fun club meetings and social gatherings.
- The **BICycle Post** Newsletter
- Group rides at a wide variety of skill levels, choices of multiple days of the week and weekend, including weekend overnight camping or motel rides.
- Extensive website of club activities and area/national bicycle resources <http://www.bicyclistsofiowacity.org>
- Promotion of responsible bicycling as an enjoyable form of transportation, recreation, and fitness.
- Strong, active advocates for municipal, regional, and state cycling issues
- Provide assistance to the **Old Capitol Criterium** Bicycle Race organizers at their annual spring race.
- Co-organizer for the annual **Courage Ride**. This event raises money for cancer research in the local community.
- Member discounts at local bicycle shops.
- Annual **RAGBRAI®** travel arrangements.

### BIC's success depends on your active support! Please indicate your interests as they relate to your BIC membership.

- Corner Marshall  
Corner Marshalls are responsible for protecting areas on a bike race course where pedestrians might cross. Typically, a 2-hour commitment is required.
- Ragbrai®  
I am interested in participating in RAGBRAI with BIC. Your BIC membership must be active on (or before) January 1 of the year you plan to participate.
- Courage Ride  
I am interested in volunteering for the Courage Ride. This is a cancer fund raiser to help cure cancer.
- Writing  
I am interested in writing an article(s) for the BIC newsletter.
- Advocacy  
I am interested in helping BIC with bicycling advocacy issues in Johnson County. You may be needed to attend a meeting or write a letter to a local politician. No speaking engagements required.

Send application and check/money order to:

**Bicyclists of Iowa City**  
P.O. Box 846  
Iowa City, Iowa 52242

Electronic registration is available on the BIC website.



Support your local bike shops!

**SHEELS.**



BICYCLISTS OF IOWA CITY  
SERVING JOHNSON COUNTY  
BICYCLISTS SINCE 1976

The BICycle Post  
PO Box 846  
Iowa City, IA 52242-0846

To continue receiving your BICycle Post, you must renew before your membership expires. Application form is inside or renew online by going to [www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org).

**JANUARY/FEBRUARY 2012**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

### **President**

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[txerickson@yahoo.com](mailto:txerickson@yahoo.com)

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### **Education & Safety Advocate**

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

### **The Courage Ride-BIC Representatives**

Steve Rudin  
Todd Erickson  
Donna Hamm

### **Special Events Coordinator**

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



**HAPPY  
NEW  
YEAR!**