



MARCH 2008

# THE BICYCLE POST

BICYCLISTS OF IOWA CITY, INC.  
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

## REMINDER: FEBRUARY GENERAL MEETING

Want to see what's new, exciting and different in bikes and accessories? You can find out at BIC's Mini-Expo general meeting on **Wednesday, February 27**.

We have invited representatives from several local bike shops to bring their wares and talk about trends in bicycles and accessories. You will have a chance to see bikes and gear at three different price points – low, medium, and high end – and then ask questions and chat with the bike shop folks, too.

The meeting begins at **7 p.m.** in **Meeting Room A of the Iowa City Public Library**.

To sweeten the evening, we'll once again hold a dessert potluck. Take along some of your favorite cookies, cake, brownies, muffins, lemon bars, or whatever else you'd like

to share at the meeting. You'll have a chance to try what others have brought, too.

Also at the February meeting will be a presentation of updated club bylaws. These revisions will provide greater clarity and consistency in language, but bring no substantive changes. The revisions were developed by a committee composed of president Steve Rudin, co-vice president Dan Berkowitz, and long-time club member Laura Hahn. They were then reviewed by the BIC executive board.

BIC's current bylaws were last reviewed and revised in 2000.

Full text of the revised bylaws are available for your review on the BIC website ([www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)).

### INSIDE THIS ISSUE:

"This I Believe"	2
Touring Update	2
BIC Board Meeting Minutes	3
March Ride Schedule	4
Memorial Weekend Ride	5
Habitat 500 Bike Ride	6

## DEVOTAY 3D RIDE

**Extra, Extra, Extra Special 3-D Ride**  
**Mark your calendar now!**



Date: **Sunday, April 6**  
Time: 9:00 AM Sharp  
Ride Start: North Liberty Community Center  
(520 W Cherry Street)  
Ride Leader: Steve Rudin

You may wonder what a 3-D ride is. The 3-D's stand for **Delightful, Devonian, and Devotay**. This ride will offer a blend of biking enjoyment, historic interest, and conclude with a wonderful buffet that will appeal to anyone who enjoys fine dining.

The ride will loop the Coralville Reservoir (about 21 miles). Following the ride we will meet at the Devotay Restaurant, 117 N. Linn Street, at noon. Our wonderful hosts, new BIC members Kim & Kurt Friese, will treat us to a specialty priced buffet for only \$8.00. This is the real deal!

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

Please RSVP to me by April 2 if you are planning on participating or have questions, I can be reached at 319-626-6369 or [chaserudy@southslope.net](mailto:chaserudy@southslope.net).

**THANK YOU** Kim & Kurt for this wonderful opportunity to enjoy a very special day.



## TREK MT. TRAIN FOR SALE

We have a single speed ride-behind for kids that is in excellent condition (we bought it new). Contact Sharon or Gordon Doak at 626-6834 or email [skdoak@yahoo.com](mailto:skdoak@yahoo.com). Asking for \$40.

## “THIS I BELIEVE”

Editor's Note: For those of you who are not familiar with this NPR segment, it is a project engaging people from all walks of life to write short statements of belief discussing core values that guide their daily lives. Caitlin Leehey, daughter of Mary Copper, wrote these words about biking and bicyclists who inspired this belief.

I believe in biking, because when you die you're "dead a long time".

Biking centers me, allowing me to reconnect with myself. Regardless of the day's stressors or my tension level, when I start riding through the countryside over gently rolling hills, my load lightens and my spirit brightens. Pedaling, I feel a rush from the speed, wind, increasing adrenaline, and the release of endorphins. Life slows down for a few hours out on the road and I can hear my own thoughts, reflect, and contemplate.

Biking is an equalizer; it puts everybody on the same playing field. In this community it doesn't matter if you are a dishwasher or an internationally known researcher. In this community it doesn't matter if you are in your seventies or nineteen years old. In this community everyone looks out for one another, no person is left on the side of the road with a flat; there will be a crew of people that stop to help change the tire. Biking provides me with meaningful relationships with others. I'm part of a biking community, a biking family.

Biking has taught me to value what is most important in life. At the end of life I doubt that my grades, my bank account, or career moves will mean as much as the connections I have had with significant people who enrich my life. I have learned that a part of everyday can be enjoyed, savored or celebrated.

One evening after a full, fun and sunshine filled day of biking, my bike family was riding home under the moonlight. One of them suddenly pulled into a cemetery along the road and indicated for everyone to follow. One of the bikers asked why they were stopping in the cemetery. Everyone was motioned further into the cemetery and they approached a large headstone. "Oh my God," one of the bikers exclaimed incredulously, "they have fireworks; they are going to shoot fireworks off of somebody's tombstone!" As everyone gathered in closer there was surprise expressed that the tombstone had the name Rudin engraved across it. Steve Rudin, our bike club president, was standing next to the tombstone smiling broadly as they placed a large rocket on the top and lit it up! BOOM! And a flash of light! What at first appeared to be a coincidence, upon closer in-

spection revealed a bike club logo; it was Steve Rudin's tombstone! What ensued amounted to a pre-death wake; a celebration of living. Steve, soon to retire, after heart attacks and open heart surgeries, is living each day fully. After a day of biking that ended with a celebration of life at his tombstone, Steve, beaming with contentment, said, "Today has been a good day."

Get on your bike and ride the road of happiness because when you die you are "dead a long time".

This I believe.



## TOURING UPDATE

Hello my riding companions! My name is Nick Maddix, and I will be BIC's Touring Coordinator for 2008. Many of you already know me as the BIC Webmaster and have, over the course of 2007, provided much positive feedback towards the website. From the bottom of my heart, I thank you!

As your new Touring Coordinator, I've got lots of ideas and tweaks that I would like to steadily implement before the Spring season gets its rear in gear, but I need your help. I've prepared a 31-question survey that can be accessed on the main page of the BIC Website. It's completely optional and you can answer as much or as little as you'd like. I hope to use this information to better understand not just what I want, but what BIC club members want also.

Do you want more gravel rides? Would you prefer to have your newsletter sent to you via e-mail? Would you like to ride to new destinations? Even on higher traffic roads? Well then, this is your opportunity to let me know! The deadline for this survey is March 1st. You can also take the survey at the February 27th General Meeting in the Iowa City Public Library – Room A at 7 p.m. If you'd prefer to just let me know your opinions directly, then feel free to drop me an e-mail at: [bicyclistsofiowacity@gmail.com](mailto:bicyclistsofiowacity@gmail.com).

With your input, together, we can start 2008 off in the right gear. Thank you in advance!

## BIC BOARD MEETING MINUTES

November 20, 2007

Board Members Present: Steve Rudin, Barb Goff, Dan Berkowitz, Jan Stewart, Colleen Chapleau, Brad Cronk, Nick Maddix, Brian Loring, Mary Copper and Sue Heitbrink

President: Steve thanked all board members for their support throughout the past year. He reported that the Meet the Candidates luncheon went well and had good attendance.

Vice President: Barb/Dan -The general meeting was well attended, liked the desserts idea. Holiday Party will be held at North Ridge Pavilion on 12/3 at 6:15p.m. Club has obtained permit to allow members to BYOB. Barb has asked the owners of a few area bike shops to speak at the February general meeting. They will talk about what is new at several different price points.

Treasurer: Jan reported the end of year balance for this year. Steve requested Jan write a report for 2007 to present to the general membership at the Holiday Party.

Membership: Brad reported a total of 296 active memberships. Total Bicycle Post mailings was 305 which included 9 complimentary subscriptions. Brad stated he sends out membership data every six months. Discussed the option of sending out electronic newsletters in the future. Brad expressed that it would be complicated because of the limits of maintaining data bases on Microsoft Excel. Colleen offered to help with the data bases. There was a consensus among the board membership that electronic newsletters should be an option in the future. Steve also asked if there was anything else that can be done to notify members whose memberships are about to expire so they don't miss receiving newsletters. Brad stated he prints a notice that a membership is about to expire on labels of newsletters for three months before the expiration date. This should be sufficient.

Touring: Nick agreed to continue sending out maps to the ride leaders of the weekend rides preferably by the Thursday before. He will revisit the issue in April. Nick is making calls to the weekend ride leaders to verify if the ride will occur. Temperatures below 32 factoring in the wind chill cancels the ride. The three new Wednesday night ride coordinators are Tom Ray, Kathy Sharp and Lynn Rose. An on-line survey about how rides went this year was proposed. The survey would include questions on riding style, electronic maps, sweeps, preferred roads and routes.

RAGBRAI: Karen was absent. The new route markers are blue, white and yellow. They were printed at Zephyr's at the cost of 30 cents each for 500.

AHTCC: Colleen asked if BIC wanted to be a sponsor or a participant in the ride next year. Apparently discussions are already occurring between the foundation and the Bailey family about next year's ride. It was suggested BIC have a representative on the planning committee who has the authority to act on the board's behalf. Colleen also said she would not take on all the work she did last year. Barb suggested we recruit help from the general membership. Members who are retired may be a good source. Because of its history it was felt this ride will always be seen as being a BIC ride and BIC needs to have a signature ride.

Education and Safety Advocates: Brian did a great job with the Bike to Work luncheon. Looking for topic for January luncheon. Winter riding safety was suggested. The candidate forum needs input from BIC and other bicyclists about

bike lanes in Iowa City, presently there is no consensus.

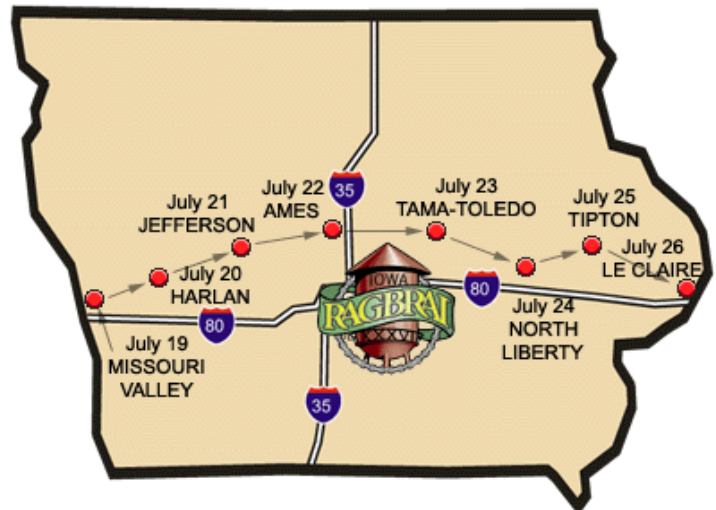
Publicity: Mary will look into why are rides haven't been advertised in the Gazette.

Webmaster: The board agreed the BIC website run by Nick looks great. Nick is doing a couple of "tweaks". There was some question about the inactivity of the discussion board. Nick said he can temporarily suspend it.

Old Business: BIC has paid the rent for the Storage Unit. Steve may build shelves for it with his own money so he can take them for his own use after BIC is finished with them. Steve, Laura and Dan hope to have the revision of the bylaws finalized by 2/08. It was requested they be posted on the website for review by the general membership after they are reviewed by the board at the January 15 board meeting. Jan moved, Colleen seconded and the board passed that we nominate a few Complimentary (Honorary) memberships a year and give them a certificate.

New Business: The board voted we should give \$500 to sponsor Bike to Work Week. Need to find out if MYEP is a necessary ride and if we really need to sponsor it. There was a discussion about our support of the Criterium. It was suggested if we support them by volunteering our help they donate a portion of the proceeds to a Charity of our choice such as the AHTCC ride. Brian asked if we financially support the Iowa Bicycle Coalition.

Respectfully submitted by Sue Heitbrink.



## RAGBRAI® NEWS!

The route is out and coming close to Iowa City again! If you haven't signed up for Ragbrai with BIC yet, it's too late to do so online. We met our quota in January, but have had some cancellations, and will have more as July draws near. If you are still interested, contact me at [keparrott@mchsi.com](mailto:keparrott@mchsi.com) and you will be placed on a waiting list. Generally everyone that wants to go, is able to go, one way or another! It's going to be a great year!

Happy trails,  
Karen

# MARCH 2008 RIDE SCHEDULE

**All riders must wear helmets**

The ride schedule is conditional on weather. If conditions appear adverse, call the listed ride leader one hour before bicycling departure time (start).

**Ride Levels**  
 Casual 6-10  
 Intermediate 10-15  
 Advanced 15-up

**All skills are invited. Members strive to be considerate of all attendees.**

**Routes depend on weather and group choices. BIC cancels if the temperature is below 32°.**

**Be considerate; arrive 15 minutes before the start time to prepare your bike. Start means bicycling, not arriving!**



**SAT Mar 1 11:00**  
**From: N. Liberty Herky Street**  
**Dan Berkowitz 351-3489**

**Oxford + Up to 26/ or more miles**  
 Park at the dead end of Herky Street. Depending on weather and group interest, we could short visit the Depot and/or ride the hills to the Black Diamond Tavern.



**SUN Mar 2 11:00**  
**From: Napoleon Park**  
**Steve Swails 337-4272**

**Lone Tree 15/27/31 & up**  
 If the weather were great, we could loop around Lone Tree. Other options are east on new blacktop to West Liberty. The group will decide based on weather.



**SAT Mar 8 11:00**  
**Dodge St Hy-Vee 22/34/50 miles**  
**Jan Stewart 338-2396**

**Sugar Bottom, Solon & Sutliff**  
 Take your pick of distances. Turn around at Solon or Sutliff. For more miles, some may want to press on to Lisbon.



**SUN Mar 9 11:00**  
**From Weber School**  
**Steve Swails 337-4272**

**Dirty Face Creek or Windham 28/33/43 up or 20/23 up Miles**  
 If the weather were great, we would bicycle to Hills, otherwise we might bicycle to Windham.



**SAT Mar 15 11:00**  
**From: Napoleon Park**  
**Gretchen Holt 354-1386**

**Amish Country – Road & Cross 15/33/+18 choice to 50+ Miles**  
 A visit to Stringtown and the cheese house would be 37 miles round trip from the park. Amish country affords scenic and quiet roads. If the group is interested, we could meet at a local establishment afterwards. If you are adventurous and have a cross-bike, there is a gravel road route option.



**SUN Mar 16 11:00**  
**From: N. Liberty Herky Street**  
**Steve Rudin 626-6329**

**Oxford + Up to 26/ or more miles**  
 Park at the dead end of Herky Street. Depending on weather and group interest, we could short visit the Depot and/or ride the hills to the south.



**SAT Mar 22 11:00**  
**Laura Hahn 338-3963**

**WELCOME SPRING!**  
**From: West Branch Park Springdale/Cove/West Liberty**  
 Weather and attendees will decide the route. This could be 12- & 28-mile re-traces or a 45-mile loop through West Liberty via Moscow.



**EASTER SUNDAY**

**SUN Mar 23 1:00 PM**  
**From North Liberty Com. Ctr.**  
**Rick Walton 354-8090**

**17/34 and more miles Solon/Sutliff**  
**The late start offers a bicycling option for those attending church.** The community center is located just east of IA-965 on Cherry Street. Park on the **west side** of the building. The Sutliff Tavern is a favorite destination.



**SAT Mar 29 11:00**  
**From: Napoleon Park**  
**Ray Haas 341-7756**

**Hills & Amish Country 15/33/36 +**  
 There are many route options west of Hills. The group will decide based on weather.



**SUN Mar 30 11:00**  
**From: West High, West Lot**  
**Bill Heitbrink 338-2536**

**Tiffin – Oxford 24/38 Miles**  
 Depending on weather and preferences, the group will decide the route and distance.

## DRIFTLESS AGAIN



During the 2007 Memorial Day weekend, we bicycled through spectacular scenery from the northeast corner of Iowa into Minnesota. This year, we will return to the Driftless region that many know from TOMRV. On the TOMRV route, the Driftless Area starts just north of Hanover IL – Chestnut Mountain, Galena, “The Wall” and Wisconsin.

The geography and local culture are much too rich in bicycling adventure not to tour the Driftless region again. During May 2008, we will bicycle from Dickeyville WI to Platteville, a University of Wisconsin college town. Although Dickeyville and Platteville are only 11 miles apart on US 151, we will take the adventure route. Hugging the Mississippi River, we will bicycle northwest to Cassville – famous for its ferry. Here, bicyclists will turn east through Lancaster to Platteville. On Sunday, we will return past the original proposed Wisconsin Capitol near Belmont, through Lead Mine and New Diggings. (Lead Mine has a population of a few dozen people and boasts six bars.) Several distances are available each day, ranging from 40 to 71 miles.

**Because of sag and accommodation limitations, we can only accept the first 25 registered bicyclists.** Look for the entry form in the April newsletter and respond quickly.

### Driftless III

If there were enough interest, BIC could schedule another ride from Dickeyville this season. This route might cross the Mississippi on the Cassville Ferry. Bicyclists would hug the west bank of the Mississippi through Guttenberg and past Pikes Peak. We could overnight on the Iowa side near Prairie du Chien. Then, early Sunday morning, we could tolerate a relatively low-traffic bridge crossing to Wisconsin. We would return on the Great River Trail all the way to Dickeyville.

## WEST SHORELINE TOUR

Looking for a new biking adventure with two great guys? This is the real deal. Tim Cornelius and Steve Rudin will be biking the West Shoreline Tour, along Lake Michigan, **August 2-9, 2008**. We would love to share this experience with anyone who would like to join us.

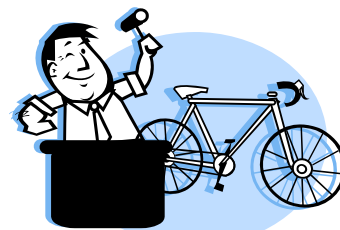
The West Shoreline Tour is 412 miles and is limited to 500 riders. The fee for the 7-day tour is \$325. Please check the League of Michigan Bicyclists at [www.lmb.org](http://www.lmb.org) or contact Steve at 626-6369 if you have questions.

Ride Description: The 7 day Shoreline West Bicycle Tour takes the scenic route from Spring Lake to the mighty Mackinac Bridge. View historic lighthouses, pristine orchards and farms, swim at sugar sand beaches, and climb the dunes...grab a fresh lunch and picnic along the route in “Michigan’s Playground” and ride through the Tunnel of Trees. The terrain is never mundane as it varies from flats, rolling hills, and many challenging climbs. Mileages per day range from 44-71 miles.



## NORTH LIBERTY IS HOST TOWN

North Liberty has begun the planning process for RAGBRAI and they need your help. Right now, they are looking for volunteers to serve on various committees. Everyone can have a role to play. Please visit <http://www.northlibertyiowa.org/ragbrai/index.htm> and let the RAGBRAI committee know you are interested.



## HABITAT FOR HUMANITY: 2008 HABITAT 500 BIKE RIDE

Hello Bicyclists of Iowa City,

My name is Joan Huntley. I joined Iowa Valley Habitat for Humanity in April 2005 as the Director of Resource Development...marketing to get the word out and fund raising to bring the dollars in.

In searching for new, fun ways to raise money, I learned about the Habitat 500 bike ride. As an avid, though slow, cyclist, this caught my eye. In the summer of 2006 I organized a team of 5 people who rode the Minnesota trail and had a wonderful time. They limit the number of riders to 130 people (all riding for Habitat) and have easily 50 people supporting it along the way! We raised over \$5000 of which \$4300 went to Iowa Valley Habitat for Humanity.

Two weeks after the 2006 ride, a disconcerting thing happened to me. Within a period of 35 minutes, I could not stand without assistance. I went to the University of Iowa Hospitals and Clinics - doctors and nurses were wonderful - and had a number of tests, but they were inconclusive...not a stroke, MS etc. I recovered dramatically. I can walk, drive, am not in pain, don't have a fever...in short, have absolutely everything to be grateful for in terms of my health.

But I can't run and I can't ride my bike for more than a few miles or so if there are hills. So last year I did not ride and that was disappointing.

Last year I started the "Youth United" program here at Habitat last year. This program brings young people 5 - 25 together take leadership in planning and raising funds and building a Habitat home for a local family in need. Chad Olson, president of the UI Habitat chapter, raised \$3000 on his own last year because he is planning to ride across the country in Bike and Build this year. He is riding 3,743 miles this summer - pedaling to help end poverty housing.

I was so impressed with his commitment that I decided to form a team again this year - to pull together a group who will pedal 3,700 miles in one week in the Habitat 500 to match the miles that Chad is pedaling. We'll raise funds for our local Habitat affiliate that will support the Youth United Build in 2008.

I've already registered for the 2008 Habitat 500, and my husband has donated \$500 to Habitat to help me raise funds (each individual has to raise \$850). Will I be able to actually ride? I'm not sure - maybe, maybe not. But my husband believes in me - I'll be working out and doing my physical therapy the best I can. And who knows, maybe whatever quirky leg thing is going on will disappear...

Will you join me? Will you help avoid hanging chads?

No, that's not quite right. What I meant to say, is "let's not leave Chad hanging" out there on his own all

summer. Let's ride for him as he rides for Habitat - join together to ride 3,700 miles. It's the best supported ride I've ever been on! Jim and Jan Down, who rode with me in 2006 and are avid cyclists (having ridden across all 50 states) will vouch for the great ride through beautiful country. You can sign up and ride every day yourself or you can put together a team where each person rides one day with a support van.

The dates for the 2008 Habitat 500 ride are **July 13 - 19, 2008**

The web site is:

<http://www.habitat500.org/habitat500/Habitat500/Home.html>

The number at work is 319-337-8949.

My e-mail is joan.huntley@gmail.com.

Sincerely,

Joan Huntley

Director, Resource Development

Habitat for Humanity, Iowa Valley

2401 Scott Blvd. SE

Iowa City, IA 52240

## BIC JERSEYS & VESTS

BIC has the following styles and sizes left from our last order of custom jerseys and wind shell vests from Voler. As you can see, in the men's short sleeve jersey style, we only have the XL size left. Price for the jersey is \$55 and the wind shell vests are \$45. Contact Sharon Doak at skdoak@yahoo.com or 626-6834.

	Lrg	XL	2XL	3XL
Men SS Jersey	0	5	0	0
Women SS Jersey	2	2	5	2
Women Sleeveless Jersey	1	0	1	0
Wind Shell Vest	3	4	2	3



## Bicyclists of Iowa City, Inc.

### Membership Application

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

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

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

Address: \_\_\_\_\_

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

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

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

Occupation (for statistical info): \_\_\_\_\_

Bicycle interests:  Commuting  Touring  Racing

### Membership Categories:

IN IOWA

Individual, \$20/year

Sustaining, \$25/year, minimum. Your gift helps cycling in Johnson County. THANKS!

Family, \$30/year; please list family members

OUTSIDE IOWA

Out-of-state Individual, \$25/year

Out-of-state Family, \$35/year

Waiver: I do hereby for myself, heirs, executors and administrators WAIVE any and all claims for damages, demands, and causes of action of every nature which I may have or which may hereafter accrue to me against any and all members of the organization and sponsoring agencies during participation in organization events or during travel to, and return from, such events.

Signature of Applicant

\*Signature of Parent or Guardian (If applicant is 17 years of age or younger, parent's or legal guardian's signature is required.)

Please do not include my name or address when BIC releases its mailing list to businesses or organizations providing services of interest to bicyclists.

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

- Club meetings, watch newsletter for details
- Newsletter, The BICycle Post
- Weekend day rides and weekend overnight rides
- Annual RAGBRAI® travel arrangements.  
Please note: to participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.
- Extensive web site of club activities and area/national bicycle resources at [www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)
- Assistance to Old Capitol Criterium Bicycle Race organizers
- Promotion of responsible bicycling as enjoyable transportation, sport, recreation, and fitness
- Strong, active advocates for municipal, regional, and state cycling issues
- Member discounts at local bike shops

### BIC's success depends on your active support!

Please help by marking one or more of the following:

- Ride leader:  Short  Medium  Long
- Newsletter:  Writing  Editing
- Publicity
- Local advocacy
- Thursday Evening Leisure Rides
- Wednesday Evening Rides
- Programming: Arrange speakers for meetings
- Membership: Process applications and data
- Old Capitol Criterium: 150+ volunteers needed for a variety of tasks
- Amish Harvest Tour to Cure Cancer Ride: Registration, refreshments, course markers, etc.
- Sag Wagon: provide motorized escort for rides
- RAGBRAI®  
To participate in RAGBRAI® with BIC, you must be a BIC member by 12/31 to do the ride the following year.

Send application and check/money order to:

**Bicyclists of Iowa City**  
**P.O. Box 846**  
**Iowa City, Iowa 52244**



Support your local bike shops!



BICYCLISTS OF IOWA CITY, INC.  
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. Expiration date is printed above your address. Application form is inside!

**MARCH 2008**

## BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

**President**

Steve Rudin 626-6369  
chaserudy@southslope.net

**RAGBRAI @ Coordinator**

Karen Parrott 319-337-6371  
keparrott@mchsi.com

**Webmaster**

Nick Maddix  
moonlightrose44@gmail.com

**Vice-Presidents**

Barb Goff 351-8609  
bentriider@mchsi.com  
Dan Berkowitz 351-3489  
dan-berkowitz@uiowa.edu

**Touring Coordinator**

Nick Maddix  
moonlightrose44@gmail.com

**BICYCLE Post Editor**

Sharon Doak 626-6834  
skdoak@yahoo.com

**Treasurer**

Jan Stewart 338-2396  
jan-stewart@uiowa.edu

**Wednesday Evening Ride Coordinators**

Tom Ray & Kathy Sharp  
Lynn Rose

**Education & Safety Advocate**

Brian Loring  
brian-loring@ncjc.org

**Secretary**

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

**Thursday Evening Ride Coordinator**

Barb Goff 351-8609  
bentriider@mchsi.com

**Procurement**

Sue Heitbrink  
backseatcyclist@yahoo.com

**Publicist**

Mary Copper 430-7169  
mary-copper@iowa-city.org

**Amish Harvest Tour to Cure Cancer Ride Coordinator**

**Membership**

Brad Cronk 341-0563



Spring Begins  
on March 20

VISIT BIC ON THE WEB AT  
[WWW.BICYCLISTSOFIOWACITY.ORG](http://WWW.BICYCLISTSOFIOWACITY.ORG)