



NOVEMBER & DECEMBER 2008

# THE BICYCLE POST

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

## SPECIAL BIKE RIDES OF THE MONTH

### November



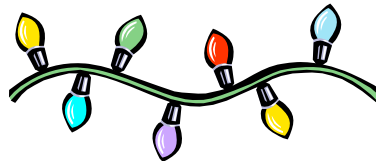
#### Steve Swails' 60<sup>th</sup> Birthday Ride

**When:** Sat., Nov. 22<sup>nd</sup>, 2008  
@ 9:00 A.M.

**Where:** Kate Wickham Elementary School, Coralville, IA

**Details:** Celebrate long-time volunteer Steve Swails' 60<sup>th</sup> birthday with a 60 mile ride! We'll head east towards the Cedar Valley area and loop back. If there is bad weather, we'll still have a party at Steve's house, 3005 N. Dubuque St. NE, (CR-W66)

### December



#### 5<sup>th</sup> Annual Holiday Lights Ride

**When:** Sat., Dec. 13<sup>th</sup>, 2008  
@ 6:00 P.M.

**Where:** 230 W. Chestnut St., N. Liberty

**Details:** Our 5<sup>th</sup> Annual Holiday Light Bike Ride is scheduled for Saturday, December 13, from the Steve Rudin home at 230 W. Chestnut Street, North Liberty. For more information please call 626-6369 or email [chase-rudy@southslope.net](mailto:chase-rudy@southslope.net). Goodies to share are welcome!

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#### Christmas Lights Night Ride

#### Second Chance to See Holiday Lights!

**When:** Fri., Dec. 19<sup>th</sup>, 2008  
@ 6:00 P.M.

**Where:** Bike Library, Iowa City Park at College St. parking ramp

**Details:** We'll tour low traffic roads and/or trails in search of holiday cheer on the east side of Iowa City. The ride will be cancelled if wind chills are below zero or if there are perilous road conditions.

**Ride Leader:** Nick Maddix  
594-2857

## IT'S HOLIDAY PARTY TIME ON DEC. 1

Mark your calendar – right now – for BIC's annual Holiday Party on **Monday, December 1**. Like last year, we're at the lovely North Ridge Pavilion, 2250 Holiday Road in Coralville. We will gather at 6:15, with dinner starting at 6:30.

We have found that this facility is a great place to catch up with friends, since we have the whole place to ourselves.

Food will be provided by Ms. Susan's of North Liberty. Cost is \$15 and **reservations must be paid in advance – no later than November 21**. Send your check (payable to BIC) to:

Barb Goff  
445 Kimball Rd  
Iowa City, IA 52245

When you make your reservation, you must specify one of the following entrées for each person:

- Stuffed Chicken Breast
- Pork Loin with Apples
- Vegetarian Stuffed Peppers

Along with the entrée, you will get Green Salad (with Spring Mix and Romaine), Party Mashed Potatoes, Green Beans, Confetti Corn, Rolls, and Assorted Desserts (cheese cake, in-season pie).

If you'd like, **you can also make your reservation at BIC's October 22 Member Meeting.**

Like last year, the event allows you to bring your own alcoholic beverages. Don't forget that corkscrew and the wine glasses! (Maybe it's a good time for an impromptu wine tasting party or mini-brewfest?)

Parking for the event is available in the lot next to the Pavilion and in the parking lot on the east side of the pond (just walk across the bridge). There are also a dozen or so spaces on Parkway Drive, which runs perpendicular to Holiday Road just north of the Pavilion.

*[The city requires that we pay a cleaning deposit and do our own after-party cleanup. If you're able to, please stick around for a few minutes afterward to help tidy things up.]*



-ADVENTURE CYCLING

**Happy Holidays  
to all BIC  
members!**

## BIC BOARD MEETING MINUTES

September 16, 2008 Submitted by Rick Walton, Secretary

President Rudin: Amish Harvest Tour to Cure Cancer ride registrations are already ahead of last year. There should be many day-of registrations; as the weather report is favorable.

The Bike Give-Away of September 14 was successful. This was sponsored by Big Brothers-Big Sisters. They will give a short presentation at our General Meeting October 22.

Vice President Berkowitz/Goff (absent): Goff chose to not be re-nominated; Hamm will be nominated for the second VP position.

Gus' Restaurant is the site of the General Meeting on October 22. Waltons will present their Mekong Delta bike ride. Holiday party is Dec 1 at Northridge Pavilion.

February General meeting will feature the cross Utah ride, or Legacy Annual Great Bike Ride Across Utah (LAGBRAU). The presentation will be by Doak, Hamm, Hahn, and Bode.

Treasurer Stewart (Absent): Report given to Rudin, who distributed that to the officers. BIC finances are stable.

Touring Maddix: Working on touring schedule for 2009. Maddix presented a number of proposed rides; all look interesting and some are very unique. Discussed maps, membership lists and goals for next season.

RAGBRAI Parrott (absent): Rudin reported. Discussed a number of items, including bus service party bus, drivers and fees for next year. Expenses are increasing, particularly fuel. Equipment is deteriorating and will need replacement. Fees will henceforth be established on a yearly, rather than on a three year basis. Recommended a \$10 increase per rider for next year.

AHTCC Ride Chapleau (absent): Copper gave report. Currently 300 registered. The committee of Copper, Stewart, Carter, Chapleau and Hamm have worked hard; they could use more help from BIC members. There are, however, numerous BIC members that are volunteering to support the ride.

Publicity Copper: Arranged cable TV coverage of the AHTCC ride and numerous public service announcements. The ride has been very well advertised this year.

Webmaster Maddix: The Website had approximately 15,000 hits last year. It is an obvious resource for bicyclists. A face-lift is planned to upgrade the site. Obtaining a new host was discussed.

## Winter Weight Gain by Nancy Clark, MS, RD

### Strategies to fight the battle of the bulge

For those of us who live where the cold north wind blows frigid headwinds, dreaded winter is here again. Dreaded not only because of frozen toes, frostbitten cheeks, and slippery roads, but dreaded because of fear of winter weight gain. Finding enjoyable winter exercise that fits into your weight-management program can be a challenge for even the most dedicated cyclist. Just who gets excited about yet another boring indoor exercycling session? Somehow, baking cookies seems like more fun.

I commonly hear complaints about winter weight gain, such as, "I don't bike as much in the winter and inevitably gain two to four pounds." Because consistent overconsumption of only one hundred to two hundred extra daily calories can contribute to waistline expansion, we need to be careful when entertaining ourselves with those few extra Oreos, the second mug of hot cocoa, or the bigger bowl of popcorn munched in front of the TV.

If you are among the many cyclists who struggle with winter weight gain, here are three simple nutrition strategies that can save one hundred to two hundred calories per day — enough to make a difference in your battle of the bulge.

#### Strategy #1. Boost your calcium intake

Calcium-rich diets are helpful not only for regulating blood pressure and keeping bones strong but also for weight management. A growing body of evidence indicates that consuming calcium-rich dairy foods three to four times a day equals burning about one hundred more calories of body fat per day — or about ten pounds of fat per year. In 1988, researchers were surprised and fascinated by the

results of this blood-pressure study: subjects who ate two cups of yogurt per day not only lowered their blood pressure but also lost eleven pounds of fat in twelve months — even though they had been told to try to maintain weight! This finding triggered more research, and today we know:

- Calcium within the cell regulates fat storage.
- A high-calcium diet turns more calories to heat than to body fat.
- Calcium-rich diets contribute to fat loss in the stomach area.
- Calcium-rich diets can help minimize midlife fat gain.

Eating three to four servings of calcium-rich dairy foods per day contributes to the beneficial effect of burning fat while preserving muscle. In a twelve-week weight loss study, those who ate three cups of yogurt per day lost sixty percent more fat than those who got calcium through supplements.

If you balk at the thought of consuming at least three servings of yogurt or milk per day, keep in mind it's not very hard to do. Simply choose cereal with low-fat milk for breakfast (or cook hot cereal, such as oatmeal, in milk instead of water), have a low-fat yogurt for a mid-morning or evening snack, and enjoy a latté or hot cocoa made with low-fat milk for an afternoon energy booster. Other options include putting two slices (1.5 ounces) of low-fat cheese on a sandwich, and, yes, even drinking chocolate milk for a post-exercycle recovery drink. The weight-regulating trick is to be sure the dairy calories are within your daily calorie budget and not excessive. You cannot start to guzzle gallons of milk and expect to lose body fat!

People who don't drink milk can get calcium from nondairy sources (broccoli, calcium-enriched orange juice, supplements), but calcium from dairy foods is most effective.

#### Strategy #2. Eat breakfast

About forty percent of adults skip breakfast at least four times a week. Although skipping breakfast may seem like a good way to eliminate calories, breakfast skippers tend to be fatter than breakfast eaters. When people eat a larger-than-normal breakfast, they end up eating almost one hundred fewer calories by the end of the day, an amount that can curb creeping obesity. Hence, eating breakfast is one strategy that makes a big difference in weight management. In one group of dieters, each of whom has lost at least thirty pounds and kept the weight off for at least a year, ninety-seven percent are now committed breakfast eaters! They know that eating breakfast works!

Breakfast does not have to be eaten immediately upon rising, but it should be eaten within two to three hours of waking. If you can't find time to eat breakfast at home, at least make plans to eat breakfast at the office.

#### Strategy #3. Eat more fiber and whole-grain foods

Foods that are satiating (that is, they fill you to the point that you choose to stop eating) are rich in protein (turkey, tuna fish, chicken) or fiber (whole grains, fruits, vegetables, nuts). Given that protein often is accompanied by unhealthy saturated fat (as in cheese, bacon, hamburger), the wiser option is to curb hunger by filling up on fiber-rich foods.

Fiber-rich foods tend to be bulky, and bulk helps promote a feeling of fullness. That is, you can reduce the calorie content of a casserole by 30 percent by adding bulky vegetables (mushrooms, celery, peppers), and people will consume fewer calories without noticing the difference.

According to Barbara Rolls, author of The Volumetrics Weight-Control Plan, consuming bulky foods with a high-fiber and water content can help you eat fewer calories. This means eating more fruit, vegetables, soup, beans, legumes, bran cereal, and whole grain cereals. These are more satisfying than a croissant with an equal number of calories.

#### Summary

Whether you are motivated to fight winter weight gain or simply to fuel your body healthfully, eating a hearty, wholesome breakfast and consuming more calcium, fiber, and whole grains are wise nutrition strategies. Sounds like Wheaties is not only the breakfast of champions but also of lean cyclists!

"Winter Weight Gain" by Nancy Clark, MS/RD was originally published in the January/February 2004 issue of Adventure Cyclist magazine. Books by Nancy Clark include the Cyclists' Food Guide: Fueling for the Distance and the Sports Nutrition Guidebook. Both can be found at [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

# 1 GUY, 3 COMMUTES, 1 CITY

by Dan Berkowitz

The other day, a local newspaper reporter asked me if I had a wish list of things that would make biking safer and easier in the Iowa City area? The week before, a bike commuter who battles traffic from North Liberty to the UI campus on a daily basis told me that *my* little commute from the Normandy Drive neighborhood to campus was the best he'd ever experienced – I was really lucky.

Those two conversations got me thinking – since June, I've experienced three different bike commutes just within in Iowa City. First, there was the lovely ride from my home through City Park and along the campus bike paths to my office near the Pentacrest (I've made that ride since 1992). But all that ended with the floods, when we camped out for a month-and-a-half at a friend's house on Glendale Road on the east side of Iowa City. And now, we're squatting in a rental house in University Heights.

Each of these rides revealed a different side of Iowa City bike commuting and each posed different challenges.

## Commute #1: Peace & Tranquility

When I was riding in through City Park, I thought, "Sure, Iowa City is pretty bike friendly." I mean, my main encounters with traffic involved crossing Park Road and riding the little stretch of street by the IMU.

Every day, I'd have a great time in the park, taking the long way by the river, watching the ducks and geese, the moms pushing strollers, and the gray-haired groups of walkers. Sometimes I'd need to ring my bell or call out a friendly, "On your left!" but that ride was *easy*. There were even a bunch of regulars in the park each morning that I'd say "hi" to as I passed by. Riding home through the park by moonlight was beautiful, too! But that's over now, at least for a few more months.

I really took that great commuting route for granted – my 15-year impression of bike commuting in Iowa City, I now know, is far from representative of what others are facing each morning.

## Commute #2: Getting Into It

My second commuting route began in early July, as the demolition on my flood-damaged house in Mosquito Flats wrapped up and I started to return back to work. At that point, we were staying with friends near Glendale Rd. and 7<sup>th</sup> Ave. in Iowa City. Because the whole route was on city streets instead of bike paths, I had to learn to ride more defensively, especially once I turned onto Market Street.

That first merge at the Y intersection required a few days of experience to learn how cars would navigate the lanes and how I would be able to get over to the right side of the road. Coming up to Mercy Hospital and Gilbert Street felt a bit chaotic, with more cars and bikes than I'd been used to after all those years of idyllic rides through City Park.

Okay...back to commute #2. The ride back to our friend's home seemed easier than the morning ride in – I just headed up Jefferson until it turned into Glendale. There was a bit of traffic, but after 7<sup>th</sup>, the road widened and there were fewer cars. In all, I think this commute

draws quite a few cyclists and it's a manageable route, especially in comparison to my current commute from University Heights. But not nearly as nice as things had been through City Park.

## Commute #3: Mixed Martial Arts

From our current temporary residence in University Heights, I find commuting to be a struggle. Along Highland Dr. the ride is great as I pass by some older cottage homes. And then I hit Melrose and the games begin! Cars backed up, bikes weaving everywhere, buses going down the road, buses stopping. Even the entry from Koser onto Highland is a challenge because the road is so narrow there. It's better for a few blocks once I get into Iowa City where there's a bike lane, but that's shared with buses.

Zooming around the Law School, I need to stick to the sidewalk to get on the bridge crossing Burlington. Staying on the street is out of the question, because the far right lane is a turning only lane. I've done battle with cars to stay on Burlington – once – but swore it off after that.

So instead I either ride or walk (depending on the number of people) around and around the spiral bridge onto the sidewalk on Burlington, dodging pedestrians and bikers coming right at me. On campus, I then either ride sidewalks and dodge more pedestrians or stay on the street and hold up bus traffic. The climb up to Gilmore Hall from the IMU isn't bad now that I've done it more, but getting across the street to Gilmore is also a challenge.

Next challenge...getting home. From Gilmore Hall, I can either go down the sidewalk to the IMU (since Jefferson is one way) or go up the hill on the street once I can find an opening in traffic to get across. The latter route is hairy, though, because as soon as I get onto Clinton, I have to dodge buses again – they're all trying to scoot over to the stops on the right. So...do I ride in the left lane with cars or pray that the bus drivers are patient and don't squish me?

Once down by the Main Library, it's a little better for awhile, but it's the same challenge again at the spiral bridge – do I walk or ride up? When do I get on the road? Or do I dodge pedestrians again. So far, those Share The Road signs don't inspire any motorists I've met. Up Melrose, there's a luxurious stretch of bike lane for about two blocks. But when the right turn lane comes up, I'm wedged between two lanes of traffic and sometimes a bus mirror is like, oh, a foot away from my head!

Final challenge? Finding a way to make the left turn from Melrose to Koser again. Usually traffic is backed up there, so I have to stop and then dart across when there's an opening. Sometimes, though, I can signal early enough, say my prayers, and move into the left turn lane. Phew! It's a real relief to get on the gentle incline up Koser and on to my temporary home on Highland again.

## My Wish List...Revisited

Getting back to the reporter's question, what's my big wish for biking in Iowa City? Simple! To get back into my house and have that great commute through City Park once again! And to have the city really sort things out so that the rest of the bike commuters can have a pleasant ride, too.



# Bicyclists of Iowa City Ride Schedule

## Off-Season 2008-2009

**All rides are unofficial, and therefore do not follow rules of an official BIC ride.**

All riders shall meet up at the starting point at NOON (12:00 PM) and decide on a route. A ride leader may be designated as well. Maps may be obtained on the BIC website at [www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org). Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures. **March 28th, 2009 will be the last unofficial BIC ride for 2009.**

Napoleon Park, Iowa City	West High, Iowa City	Herky St., North Liberty	N. Dodge Hy-Vee, I.C.
8-Nov	9-Nov	15-Nov	16-Nov
23-Nov	29-Nov	30-Nov	6-Dec
7-Dec	13-Dec	14-Dec	15-Dec
27-Dec	28-Dec	3-Jan	4-Jan
10-Jan	11-Jan	17-Jan	25-Jan
31-Jan	1-Feb	7-Feb	8-Feb
15-Feb	21-Feb	22-Feb	28-Feb
1-Mar	2-Mar	7-Mar	8-Mar
14-Mar	15-Mar	21-Mar	22-Mar
28-Mar			

### Special Event Rides

Saturday, Nov. 22	Steve Swails' 60 <sup>th</sup> Birthday Ride
Saturday, Dec. 13 & Friday Dec. 19	Holiday Lights Night Rides
Saturday, Jan. 24, 2009	Hot Chocolate Ride
Saturday, Feb. 14, 2009	"I Love to Bike"
Tuesday, Mar. 17, 2009	St. Pat's Day Ride

## 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

**HAPPY BIRTHDAY STEVE SWAILS!**  
"Just remember, when you're over the hill, you begin to pick up speed." Charles Schulz

To continue receiving your BICycle Post, you must renew before your membership expires. Expiration date is printed above your address. Application form is inside!

**NOVEMBER & DECEMBER 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 594-2857  
moonlightrose44@gmail.com

### Vice-Presidents

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

### Touring Coordinator

Nick Maddix 594-2857  
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  
351-6798  
Lynn Rose 341-7884

### Education & Safety Advocate

Brian Loring 354-6491  
brian-loring@ncjc.org

### Secretary

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

### Thursday Evening Ride Coordinator

Barb Goff 351-8609  
bentrider@mchsi.com

### Procurement

Sue Heitbrink 338-2536  
backseatcyclist@yahoo.com

### Publicist

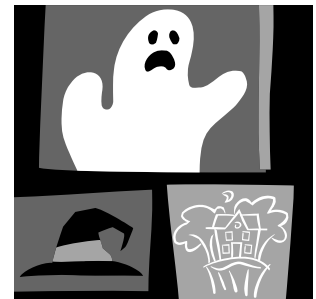
Mary Copper 430-7169  
mary-copper@uiowa.edu

### Amish Harvest Tour to Cure Cancer Ride Coordinator

Colleen Chapleau 626-6062  
colleen-chapleau@uiowa.edu

### Membership

Brad Cronk 341-0563



**SPOOKS ON  
THE TRAIL  
RIDE**

**SATURDAY  
NOVEMBER 1**

**WEAR YOUR  
COSTUME!**

**10:00 AM  
NAPOLEON  
PARK**