



MARCH 2009

THE BICYCLE POST

BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY BICYCLISTS SINCE 1976

BIC GET TOGETHER

I would like to invite you to a get together at **Bobbers Grill**, 1850 Scales Bend Road, North Liberty, on **Saturday, March 14** at 7:00 PM. It's time we get reacquainted after this long, cold winter. We will also discuss upcoming events and answer any questions you may have regarding our 2009 biking schedule. The new owners of Bobbers, Kris and John, would like to get to know us. If you have any questions, please feel free to call me at (319) 626-6369 or email at chase-rudy@southslope.net.

I hope to see you there!

Steve Rudin,
BIC President



BIC EXPO: FEB. 25

Reminder: Wednesday, February 25 at 7:00 p.m. in the Iowa City Public Library in Meeting Room A.

The meeting will start off with a bit of show 'n' tell by each of the bike shop reps. Then we'll open things up to mill around and talk with them about what they've brought.

Also, we will have all of the **Voler sizing kits available** for you to find the perfect size in the Men's Club Cut Jersey, Women's Club Cut Jersey, Men's and Women's bike shorts, and the women's shimel. The women's jerseys will feature a more relaxed, no elastic-in-the-bottom design. You can pre-order the size and item that you want, making sure we get the right BIC items for our club members!

INSIDE THIS ISSUE:

RAGBRAI Route!	2
Mississippi River Trail Ride in June	2
March 2009 Rides	3
Iowa Bicycle Legislation	4
Memorial Weekend Ride Registration form	5
2009 BIC Touring Season	6

Biking Tip of the Month

Place your new tube in a baggie with some talcum powder. Then shake it up and store the tube in the baggie. The powder allows for a faster tube change and makes it less likely to get a pinch flat.

This tip is from Kathy Sharp. Send your bike tip to the editor: skdoak@yahoo.com.

Utah Bike Tour Talk on March 25

In September 2008, four BIC members headed off to Utah for LAGBRAU (Legacy Annual Great Bicycle Ride Across Utah). The 410 mile, 7 day route was challenging, the climbs were monsters and the scenery worth every bit of the effort.

The four adventurers were Donna Hamm, Laura Hahn, Sue Bode and Sharon Doak.

Southern Utah is full of outstanding scenery and every day as they cycled along, they were rewarded with spectacular views! During the ride week, they visited 6 National Parks, National Monuments or National Recreation Areas, including Natural Bridges, Capitol Reef, Bryce Canyon, Glen Canyon, Grand Staircase-Escalante, and Cedar Breaks.

On Wednesday, **March 25**, BIC's general meeting will feature a talk – with lots

of photos – of this ride across beautiful southern Utah.

Our meeting place will once again be Gus' Food & Spirits in Coralville. **Plan to arrive by 6:00 to place your order.** Food should be served by about 6:20, and the presentation will start after dinner.

BIC will be providing appetizers, so plan to arrive early, order a beverage and spend some time chatting with friends. Meals will be priced at about \$9.

As before, we will need an RSVP to give Gus' an estimate how many people will be attending, but you do not need to pay ahead. Please email **Donna Hamm** at donnaghamm@msn.com by March 20.

We really enjoyed the food and atmosphere at Gus' last October and expect a great turnout once again for our March meeting. See you then!

The BIC Board is divided on black vs. blue shorts. (The blue color would match our BIC jerseys.) What's your opinion? Come vote at the Feb. 25 meeting!



BIC BOARD MEETING MINUTES

January 20, 2009 Submitted by Rick Walton, Secretary

Present: Rudin, Walton, Berkowitz, McGinnis, Hamm, T Stewart, Goff, Loring, Doak

President Rudin: Called the meeting to order. Discussed adding more social and meal-related rides. The officers approved the proposal.

Vice Presidents Hamm & Berkowitz: Discussed Holiday Party. It was a success. Some changes for next year: have more food (some items were depleted quickly), more help with clean-up (appoint a clean-up committee), and more opportunities for socialization. Discussed the possibility of having another night.

February general meeting is the Bike Expo at the ICPL. Four regional bike shops will participate. March meeting will be at Gus'; presentation will be by the group that rode Utah last September.

Treasurer T Stewart: Monies are coming in for RAGBRAI registration. Finances are stable.

Membership McGinnis: There are several new members because of RAGBRAI. 322 members currently.

Touring Maddix: Further discussed new ride possibilities for 2009. The meal-ride places would be Devotay, Augusta's and Bobber's. Had a good meeting January 17 to review these ideas and suggest others; this was productive. Discussed having non-biking events in the winter, such as hiking or XC skiing. The Board liked the idea, but there was no definitive decision. Heffron has agreed to coordinate the Tuesday morning rides.

RAGBRAI Parrott (absent), Rudin reported: Registrations are nearing maximum; now 125 and will likely be at maximum by the end of February.

A group of officers will be interviewing potential support personnel that have applied. T Stewart, Rudin, Parrott and Goff will do the interviews.

Editor Doak: Reviewed progress on new BIC apparel: jerseys, shorts, water bottles (Maddix suggestion), etc. Proposed designs and samples will be available soon, probably by the February general meeting.

Education & Safety Advocate Loring: Discussed recent meetings of JCCOG related to the Metro Bike Plan. Aggressive proposals that include several communities ass participates. Plan is available on the JCCOG website. Members are encouraged to read the plan and to give supportive comments and input to city officials and to promote this in their respective communities in Johnson County.

Webmaster Maddix: Website continues to have many hits. Format is being upgraded and improved, but is still in production. Maddix' intentions are to have this up and running by April

Old Business Rudin: Last year that Opplinger will organize and lead the ride. Possibly N Liberty next year? The Board agreed that this would be workable.

New Business Rudin: Bike to Work Week will have BIC monetary support (\$500 contribution) this year, as approved by the Board.

Discussed having a social, non-biking gathering open to BIC members on March 14 at Bobbers. The Board supported this idea. The first such event will be Sunday January 25, with XC skiing at McBride Field Campus.



Self-Contained MISSISSIPPI RIVER TRAIL Ride

June 27 – 28, 2009

Ready for the warmth of summer? How about a self-contained, weekend ride up the Mississippi River, overnight camping, no support vehicle? You carry what you need (except food, stores and restaurants along the way).

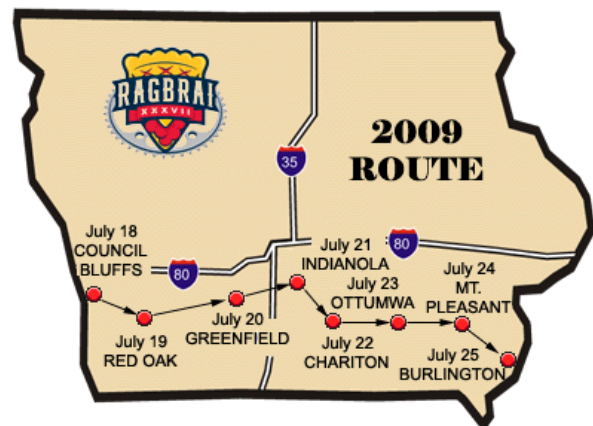
We'll meet in Iowa City, load our bikes, trailers and overnight gear, then drive to Sunset Park in Rock Island, Illinois. We'll bike upstream to Savanna, Illinois, riding the Mississippi River Trail. The trail courses along the Mississippi from its headwaters in Itasca, Minnesota to its end in Louisiana at the Gulf of Mexico. It offers over 2000 miles of on-road and bike/pedestrian pathways with scenic views from picturesque river towns.

Our total ride distance will be about 120 miles and flat. Right off the trail, we'll arrive 3 miles south of Savanna and pitch tents at the 7 Eagles RV Park and Campground. (Several rooms are available at their lodge. You'll need to make your own reservation if you want one of these. Call the campground soon at 815-273-7301). With an early arrival we can enjoy fishing in their private stock pond, paddle boats, swimming, and exploring Savanna. The following day we'll retrace to Rock Island. Look in next month's newsletter for additional details. Be prepared to RSVP by May 18 because campsite reservations need to be made and permits for parking in Rock Island obtained. If you have questions, call or email Joel Pickar 358-8202, jpickar@mchsi.com.

RAGBRAI® XXXVII UPDATE!!

We are completing registration for Ragbrai and have a great group this year! If you have not registered yet, please contact me directly as we usually have openings right up until Ragbrai time due to cancellations. If you have registered, we will soon be mailing a packet of information. Almost time to dust off the bike and think spring!

Happy trails! ~Karen



EXTRA SPECIAL OXFORD LOOP RIDE

Date: Sunday, March 29

Time: 2:00 PM

Ride Start: Augusta Restaurant
(101 S Augusta Ave., Oxford)

Ride Leader: Steve Rudin

Length: 26 miles (or less)

You may wonder what makes EXTRA SPECIAL OXFORD LOOP RIDE so special. This ride will offer us an opportunity to get the ride season started and also enjoy a delicious meal that will certainly please your appetite. We plan on eating at Augusta Restaurant around 5:00 PM after the ride. Should we have inclement weather that day, the ride may be cancelled but the dinner will take place as planned. Please RSVP to me by Wednesday, March 26 if you are planning on participating. If you have questions, please feel free to contact me at 319-626-6369 or email me at chaserudy@southslope.net.



2009 DATES TO MARK ON YOUR CALENDAR!!!

Sunday, March 29 Augusta Restaurant (110 S Augusta Ave, Oxford)

Sunday, April 19 Devotay Restaurant (117 N Linn St, Iowa City)

Saturday, May 9 Bobbers Grill (1850 Scales Bend Rd NE, North Liberty)

Sunday, May 31 Augusta Restaurant (110 S Augusta Ave, Oxford)

Saturday, June 20 Kurt and Kim Friese BBQ
(22 Riverview Dr NE, Iowa City)

Sat/Sun, June 27-28 Mississippi River Trail Ride

Sunday, July 12 Bruce Johnson's Ride/Pool Party

Saturday, August 29 Bobbers Grill (1850 Scales bend Rd NE, North Liberty)

Sat/Sun, Sept. 12-13 Self contained trip to Muscatine,
Saulsbury Bridge Recreation Area

Sunday, October 4 BIC Picnic (Kent Park)

Sunday, Oct 18 or 25 Devotay (117 N Linn St, Iowa City)

There will be upcoming articles with more information regarding these listed events!



THANK YOU DR. BOB

Over the past 25 years (1985-2009) Bob Oppliger has been the ride coordinator for our yearly Hot Chocolate Ride. I can't speak for all of those years, but the 9-10 on which I have participated have all been fun and well hosted. I have seen the temperatures range from 50 degree's to -30 with the wind chill, such as this year. Bob has always worked around the weather to make this an enjoyable event. Thanks again for all of the wonderful memories, the many cups of hot chocolate and variety of delicious snacks. You have made this all possible with your long-term dedication to this event and we thank you very much.

Keep smiling,

Steve Rudin



A Shake Rag Memorial Weekend

Saturday - Starting from the levee in Galena, we will take the Old Stagecoach Road to Scales Mound, the highest point in Illinois. This village offers a snapshot in time with pre-Victorian homes. After entering Wisconsin, we will roll into cheese country, with Shullsburg a likely spot for lunch. The Brewery Creek Inn brewpub will be a likely stop in the historic district of Mineral Point. Our route will take us on Shake Rag Street, where miner's wives would wave rags from the side of the hill to signal miners to come home for dinner. Early arrival will allow time to tour this interesting town. The direct route is 44 miles and allows time for touring the town, but extensions are possible, if you choose.

Sunday - After an overnight in Mineral Point, we will return through favorite towns from last year, Lead Mine and New Diggings. (Some riders campaigned to redo last year's tour.) BIC drove motorcyclists out the bar in Lead Mine. After bicycling 44 miles, most bicyclists will plan to lunch in Galena and tour this TOMRV pass-through town.

Advance information - To make your tour more enjoyable, maps and tour information will arrive in advance via e-mail.

The entry form is in this newsletter!

Because of sag and facility capacity, we must limit the tour to 25 bicyclists. If you have questions, call or e-mail Marv Scher, 351-2534, marvin-scher@uiowa.edu

RIDES IN MARCH

Off season rides in March

All off season rides are unofficial, and therefore do not follow rules of an official BIC ride. All riders shall meet up at the starting point listed below 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. Participants shall account for their own riding limitations based on physical condition and tolerance on unpredictable weather and temperatures. March 28, 2009 is the last unofficial BIC ride for the off season.

Napoleon Park: March 1, March 14, March 28

West High: March 2, March 15

Herky St., North Liberty: March 7, March 21

N. Dodge HyVee, Iowa City: March 8, March 22

"St. Pat's Day Ride"

Sunday, March 16th @ 1 P.M.

Bike Library (College St. Ramp), Iowa City
Contact: Nick Maddix, 594-2857
bicyclistsofiowacity@gmail.com

Ride around town the day before St. Patrick's Day, so you can get yourself a few miles in as well as a beer at Mickey's Irish Pub on 11 S. Dubuque St., in Iowa City afterwards.



Extra Special Oxford Loop Ride

Sunday, March 29 @ 2 P.M. (See article on this page.)

NEW BIC MEMBERS!

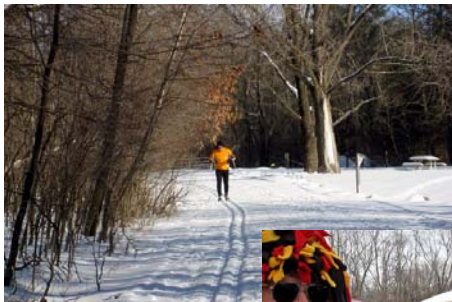
The following have joined BIC since August 2008. We welcome these new members and hope to see you on BIC rides and/or at our general meetings!

Tom Burch	North Liberty
Helene, Ophie, Nikolas, & Max Donta	Iowa City
Ronnie Fangman	Coralville
Ross Johnson	Williamsburg
Karin McKeone & family	Iowa City
Julie Conklin	North Liberty
Paul Cashman	Iowa City
Mike Lammer & family	Iowa City
John Aker	Coralville
Beth Noeller	Iowa City
Sarah Hanson	Coralville
Marsha Bergan	Iowa City
Sally Weyer	Iowa City
Jennie Brantman	Iowa City
Tim English	Iowa City
Nick Gerken	Coralville
Don Ronnfeldt & family	Iowa City
Dale Simon	Iowa City
Mark Vitosh	Iowa City
Patrick Yoerger	Iowa City
Darrel & Cheri Obadal	Solon
John Christiansen	North Liberty

BIC currently has 322 memberships!

BIC Extreme er's

Recently twenty BIC members got together for a cross-country ski outing. On Sunday, January 25 we gathered at the McBride Nature Recreation Area. It was only 12 degrees, but what a wonderful time we had. Dan Berkowitz instructed the beginners, including myself, on the proper technique of cross-country skiing which was very much appreciated. Mary Copper constructed a table for the post-skiing tail-gate party. It was great seeing so many of us enjoying this wonderful winter outing. Let's do this again! ~Steve Rudin



The Prez enjoying the winter wonderland!



Bill Heitbrink, Nancy Coneybeare, Laura Hahn, Laura Walton & Donna Hamm enjoy a hot drink after skiing!

BICYCLISTS' BILL OF RIGHTS

Bicyclists' Bill of Rights Needs Your Help- Senate File 34 and House File 128

Bicyclists' Bill of Rights Introduced in Iowa Legislature

The Iowa Bicycle Coalition researched and suggested code changes in Iowa Code to make our roadways safer for all users. We believe these changes are a great step for making Iowa more bicycle friendly.

1. Five Foot Passing Law
2. Safe Following Distance
3. Bikes Use Full Lane when the lane is too narrow to share.
4. Stop Honking Requirement
5. Right Hand Signal
6. Cross Walk Protection
7. End Mandatory Sidepath Laws
8. Parked Car Door Zone Protection

Two bills have been filed in the Iowa Legislature by Senators McCOY, BOLKCOM, and DOTZLER and by Representatives SMITH, KRESSIG, D. OLSON, and FICKEN.

SF 34 has been assigned to the Senate Transportation Committee

HF 128 has been assigned to the House Transportation Committee

We need your help if you want to see these changes. Here's how you can help:

- 1) Contact your own State Senator and Representative asking them to support this legislation.

You can find out the names and addresses for your legislators here: <http://www.legis.state.ia.us/FindLeg/>

Email, call, or write your State Legislators asking them to support the Bicyclists' Bill of Rights legislation. You can copy and paste the eight code changes into your mail.

Here is a sample line to include: I'm writing to ask you to support SF 34 and HF 128 when they come before you. They are acts relating to the operation of bicycles on a street or highway, providing requirements for motor vehicle operators encountering other vehicles or bicycles, and providing penalties.

Then tell your story of why you support this legislation. Include your name, address, phone, email.

- 2) Email, call, or write any legislators you know personally.

Ten Commandments of Bicycling

- I. Wear a helmet for every ride and use lights at night
- II. Conduct an ABC Quick Check before every ride
 - A is for Air
 - B is for Brakes
 - C is for Cranks, Chain & Cassette
 - Quick is for Quick Releases
 - Check is for Check It Over
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike by practicing bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. Have fun

Source: League of American Bicyclists

www.bikeleague.org



Galena to Mineral Point

Memorial Weekend May 23 - 24, 2009

Saturday & Sunday 44 Miles*



Welcome friend, we are glad you are joining us on this adventure.

Join the fun if you will not bike!
 BIC holds sag drivers in high esteem.
 To volunteer, call Steve Rudin 626-6369 for information
 or e-mail him at chaserudy@southslope.net

Limit First 25 Registrations
 Sag capacity & accommodations impose this limit!

Bicyclists on last year's tour to Platteville, Wisconsin, thoroughly enjoyed the scenery and camaraderie. **Once again, enjoy the adventure! Expect comfortable accommodations, lots of laughter, pleasant surroundings, and good food.** On Saturday, May 23, we will bicycle quiet country roads from Galena, IL, to the Comfort Inn in Mineral Point, WI – a historic mining town. Just as we did last year, we will bicycle the Driftless Area, a region the last glacier did not level flat like the surrounding plains. Expect similar hills and spectacular scenery.

Meeting Places Saturday

We will have luggage transport, maps, cue sheets, and sag support. You could transfer your bags either in North Liberty or in Galena. Those who choose to meet at **North Liberty Community Center will arrive by 6:30 AM; we will leave by 6:45.** Galena is on US20/IL-84 about 15 miles from Dubuque, about 110 minutes driving time. Information e-mailed in advance will aid in arranging carpools and include maps of the meeting place and route details to enhance your enjoyment. **Arrive in Galena at the levee on Water Street between Perry & Hill St before 8:45** to unload your bikes. **We will leave Galena at 9:00.**

Pre-Ride Information

As noted, participants will receive detailed route plans a week prior to departure, **if applications are timely.** We will try to keep bicyclists in matched groups to facilitate sag support.

Bring a tolerance for nature's whims, a sense of adventure, and money for food. There will be space for a tiny bag in a sag. Sags are emergency vehicles, not a personal taxi service, and all riders should be prepared to complete the distance. If the weather suggests a later start en route, alternative plans and maps will be available to cover all contingencies.

There are 15 BIC rooms reserved at the Comfort Inn in Mineral Point with a special rate of \$85 for two double beds, tax included. The inn has a 24-hour cancellation policy, and it offers a continental breakfast, but few other amenities. Because Galena offers tourist excitement, you could stay there Friday night.

Routes

Saturday, we will leave Galena on the Old Stagecoach Rd past Scales Mound through Shullsburg, a likely lunch spot. We plan to have our famous wine & cheese social shortly after passing the Brewery Creek Brew Pub in Mineral Point. Sunday's routes will use mostly different scenic roads. Highlights include enjoyable stops from last year, Lead Mine and New Diggings. Finally, we will climb a spectacular hill to come back into Illinois on ridges with scenic views.

* Add-on mileage available

Reserve your rooms early.
Comfort Inn will RECLAIM unsold rooms April 24.
 Call Comfort Inn at 608 987-4747
 1345 Business Park Rd, Mineral Point

Registration Form (Form may be reproduced.)

1. Use a separate form for each rider.
2. Complete form, sign release, and mail with **\$35** check payable to Bicyclists of Iowa City:
BIC c/o Marvin Scher
951 Timber Ridge Ct
Coralville, IA 52241

Print legibly please!

Name		Age	
Street Address			
City		State	Zip
Home phone	Emergency phone/name		
E-mail address (to receive pre-ride information, maps, cue sheet, etc.)			

READ and SIGN Liability Waiver

IN CONSIDERATION of being permitted to participate in this event sponsored by the Bicyclists of Iowa City, Inc., I, for myself, my personal representatives, assignees, heirs, and next of kin do execute the following release.

Release from Liability

I am aware of the risks of bicycling, and I voluntarily assume these risks. I understand that ride organizers and sponsoring organizations are not responsible for my personal safety. I do hereby for myself, my heirs, executors and administrators waive any and all claims for damages and causes of action of every nature which I may have, or which may hereafter accrue to me, against the ride leaders, Bicyclists of Iowa City, Inc., and other sponsoring agencies, during the participation in bicycling events, and during the travel to and from these events.

All participants must wear helmets.

Participant's printed name	Date
Signature of Participant /Parent or Guardian (for riders under 18)	

THE UPCOMING 2009 BIC TOURING SEASON: WHAT YOU NEED TO KNOW

Nick Maddix, Touring Director

As you may have heard already in previous editorials, BIC's touring program will be going through a few notable changes this year. It is one of my goals to allow cyclists of all ages and abilities to participate in rides that promotes a sense of unity and comfort. In cycling, there are many different types of cyclists and it is important to consider each and every one of them in planning tours. I have found in the past two years that while the "free-for-all" cycling system has the initial concept of being open and inviting to all cycling abilities; it has been thus far misleading, and has generally scared away beginner cyclists who know they cannot keep up with faster riders. The sweeper program that was attempted last year was a short lived failure as well and required much more planning to execute.

So for this year, we'll be trying a few things differently. The term that's been going on behind-the-scenes has been "social rides". To encourage club unity and more general ride enjoyment, we'll be centering **Saturday** rides on **social events**; mainly festivals. Riders will stick together (not out of sight) and ride to the planned destination. There, they will enjoy lunch and the celebration at hand (if there is one). There will be no set time for how long riders will be expected to stay at the scheduled festival and lunch. To use as an example, think of last year's Houby Days in Cedar Rapids, or Chalk the Walk in Mount Vernon. Afterwards, we'll ride back. I believe cycling is more than just about riding to the destination and back, it's a social experience. You also harness new memories and new friends thereby enhancing your overall life. Some of my best memories have come from rides that have involved fellow club members at gatherings.



If you prefer a more **mileage-driven, quick stop** BIC ride, don't worry, they haven't gone away. These rides are now held exclusively on **Sundays**. These rides are your traditional free-for-all rides where you ride to the destination at your own pace. The group then regroup, has a quick refresher and then heads back. No dilly-dally, just riding. *Please note that some of the Sunday rides may be social rides. Double check to see if a festival is involved or not to determine this.*

Another notable change is the refined "Class System". Essentially, the class type tells the rider what to expect in terms of speed and distance on the ride. If you are a slower rider who averages 10-15 miles per hour, and rides 30 miles or so, then a Class C ride will be right up your alley. Likewise, if you are a faster rider, then look at Class B and A rides. This system will assure a more group-oriented ride that caters to rider's similar styles. After all, a Class C rider isn't going to find Class A rides to be very appealing.

Rides will start off short and easy early on in the season, then will gradually become longer and more difficult. Doing the "Sugar Bottom Loop" in April, for example, is NOT a good opening season ride. Sat. rides will start at 9 am, while Sun. rides will start at 8 am (Varies on month & day-

light hours). Everyone will start off and train together, so we can all see how far we've come together. There will be a few shorter rides scheduled in between longer rides also.

Additionally, riders will be expected to follow the route provided for the given day. If you go on a different route, you will not be a part of the official BIC ride and services such as sag and perhaps other extras will not be provided to you. Exception will be made if weather is a concern.

Riders will be traveling on some different routes as well, some with higher traffic. I've implemented the "5-mile rule", which means that BIC members can expect up to five miles on higher traffic routes above 5000 ATC (Average Traffic Count, as provided by IDOT). Riders generally indicated in last year's survey that traffic counts of less than 5000 were not a major cause of concern on county roadways. It's important to remember that bicyclists are entitled to most roadways in Iowa, and that by merely riding; we can extend our presence and awareness to motorists.

RIDE LEADER SIGN-UP MEETING AT THE ICPL



The finalized version of the 2009 Ride Season Schedule will be available at the Iowa City Public Library, Room B on Wednesday, March 4th from 7 to 9 p.m. Here club members will look over the schedule and sign

up for rides they may be interested in leading. Members may sign up for as many or as few rides as they would like, and multiple leaders are encouraged. This is not a contract or the like, and will merely be used to assure interested members have the option to choose a ride they may be favorable towards in advance. If you have a conflict as the ride date draws near, it will be imperative that you contact me at least as close to the ride date as possible, so that I can find a substitute for you. Better yet, if you know someone who will fill in for you, great! Just have them contact me asap so I can update the ride schedule online.

If you can't attend the meeting, e-mail me at bicyclistsofiowacity@gmail.com, or leave me a message in my voice mail box at 319-594-2857 and I'll put you in a slot of your choice.

Please Note: Ride schedules may change as the season progresses. I've done the best that I could with the information made available. If ride dates are moved or altered in the future, they will be updated accordingly asap. For the latest up-to-the-date information, visit www.bicyclistsofiowacity.org/Rides/. In addition, ride leaders will be contacted to see if a conflict arises.

Thank you in advance for volunteering!!



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 Renewal

Name: _____

Address: No change/Renewal

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 Second Family Member**

- Please do not release my name or address to other businesses or organizations.

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 at [www.http://www.bicyclistsofiowacity.org](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 **Amish Harvest Tour To Cure Cancer (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!

What are **YOUR** interests?

- Commuting Touring Racing
 Ride Participant – see newsletter for ride details
 Saturday Sunday
 Tuesday AM Wednesday PM
 Thursday PM
 Ride Leader
 Publicity Advocacy
 Newsletter assistance - writing or providing articles
 Newsletter assistance – assembly and/or mailing
 Programming – Arranging speakers/programs for club mtgs
 Sag wagon support for long rides or overnight rides

Interested in participating or helping with Special Events?

- Criterium – 150+ volunteers needed for a variety of tasks
 Amish Harvest Tour to Cure Cancer – September event with year long planning and assistance welcomed.
 RAGBRAI® - to participate in this event with BIC you must be a BIC member and self register for Ragbrai on Ragbrai.org with the BIC group #008.

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!

BICYCLE SALES AND SERVICE



BICYCLISTS OF IOWA CITY
SERVING JOHNSON COUNTY
BICYCLISTS SINCE 1976

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

BIKE EXPO at BIC GENERAL MEETING ON FEBRUARY 25, 2009!
UTAH BIKE TOUR TALK at BIC GENERAL MEETING ON MARCH 25, 2009!

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 2009

BIC EXECUTIVE BOARD & EXECUTIVE COMMITTEE

President

Steve Rudin 626-6369
chaserudy@southslope.net

Vice-Presidents

Donna Hamm 400-4111
donnaghamm@mchsi.com
Dan Berkowitz 351-3489
dan-berkowitz@uiowa.edu

Treasurer

Todd Stewart 338-2396
todd-stewart@uiowa.edu

Secretary

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

Publicist

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

Membership

Jan Stewart 338-2396
jan-stewart@uiowa.edu
Diane McGinnis 626-7279
dmcginnis3@mchsi.com

RAGBRAI® Coordinator

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

Touring Coordinator

Nick Maddix 594-2857
moonlightrose44@gmail.com

Wednesday Evening Ride Coordinator

Lynn Rose 341-7886
lmisking@hotmail.com

Thursday Evening Ride Coordinator

Barb Goff 351-8609
bentrider@mchsi.com

Webmaster

Nick Maddix 594-2857
moonlightrose44@gmail.com

BICYCLE Post Editor

Sharon Doak 626-6834
skdoak@yahoo.com

Education & Safety Advocate

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

Procurement

Sue Heitbrink 338-2536
backseatcyclist@yahoo.com

Amish Harvest Tour to Cure Cancer Ride Coordinator vacant



RAGBRAI®
overnight towns:

Council Bluffs
Red Oak
Greenfield
Indianola
Chariton
Ottumwa
Mt. Pleasant
Burlington

WWW.BICYCLISTSOFIOWACITY.ORG