

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

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April 2004

Message from the President by: Kris McKibben

Dear Friends

Spring is here! It's time to get your bike out if it isn't yet. Many club members are already out there. Make sure that you check your bike over well before riding for the first time. A little preventative maintenance is a good thing. If your tires look weather-checked, maybe you should get new ones. I already had a flat due to cracks in the tube around the valve stem.

So now your bike is ready to ride! Where will you go? The IVBC is working to get a ride schedule put together as a foundation for some ride time. Watch upcoming newsletters and the website for times and places. If anyone wants to 'host' a ride, just let Rita Smith know, and she can get it on the web. Also, we will include local rides (within a 60 mile radius) that you may want to drive to.

Rich and I recently went to Clinton and rode the Icicle Bicycle Ride. We had a good time. We then drove the RAGBRAI route backwards coming home. It was fun to preview the route, some of which we had ridden in years past. Overall, it looks to be a good route, with scenic vistas, and a few big hills. Mostly though, the route is just rolling, average hills.

It's not too early to start to prepare for RAGBRAI. The IVBC will be hosting a seminar on riding and preparing for RAGBRAI, especially for first-timers. Everyone is welcome though, even if you just have an interest in riding some day. It will be a good thing to do this year with the ride coming through M'town and all the interest being generated. This seminar will be held Saturday April 24 at the Fisher Community Center @ 2PM.

If you haven't attended any of the winter club meetings with speakers, you've missed some good information. But you still have one more chance for April's meeting. April 14 Gary Peasley will be showing pictures from his biking trips through Glacier Nat'l. Park. Come and enjoy the scenery. A program is being considered for the May meeting, although it is not finalized yet, due to the close proximity of the Marshmallo ride. Remember to sign up for the Marshmallo ride on May 8. This is the club's yearly fundraiser. This year, profits will go towards the Linn Creek/Grimes farm trail expansion, which will be started sometime in 2004. We, as a community, want to see this accomplished. Come, ride and show your support.

See you on the road - Kris

Final Membership Renewal Notice

This is the final notice to those who have not renewed their membership for 2004. If you have a red dot in the corner of your newsletter label, our records show that you have not renewed your membership yet. You received a renewal form in the last newsletter. If you can't find it, let me know and I'll mail you one, or you can find one on our club website at www.marshalltownbikeclub.com. Once again, please consider rejoining as your membership helps our club promote safe biking in our community. Thanks for your support and we encourage all members to participate in club activities and meetings.

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Always Wear A Helmet

Editor's Note: Below is Kris's comments intended for the March newsletter, which I did not get out on-time. It has some great information and I didn't want to lose it, even though some of it is dated. Dana

Dear Friends,

I have Spring Fever! I am so excited about the upcoming cycling season! The Ragbrai route looks like a great one, and it's coming through Marshalltown! We've also had some great programs so far at the monthly meetings. Numbers in attendance are also up, we had 25 people at the Feb. meeting! Thanks for coming! Thanks also to Lisa Gassman for teaching us some tips on improving biking performance. Make sure you come to the March meeting to learn about hydration and leg cramps. My husband Rich can tell you about leg cramps! I'm also looking for future program ideas, so if you have one, let me know. Boy, was BRR ever cold! Pat Coughlin told me that the temp was -25 degrees!!! We still had a good time though. Cheers to the Newton club for taking home the trophy for the most people from a distance. They beat the Skunks, which is hard to do. March will bring a couple of rides to try that should be warmer than BRR. Newton hosts the Chili Ride on March 14 and Clinton hosts the Icicle Bicycle Ride on March 20. Also, it's not too early to send in your Marshmallo App as the first 50 entrants will receive a free sport towel! Charlie Smith and I attended a meeting to promote fund raising and publicity for the Linn Creek/ Grimes Farm Trail. This is also exciting because construction of the next phase will start this year. There is an anonymous donor that will match funds up to \$80,000. Boy, I wish that I had \$80 grand! That is the amount that is left to raise. The IVBC is hoping to have a good year with Marshmallo so that we can donate again to this cause. Hope to see you on the ride. Back to Ragbrai. I hear that there are a lot of first timers going? This is great! I hope that you enjoy cycling as much as we do and will want to keep with it! I've rattled on too long- time to clean my bike! Kris

Early Spring Riding in Iowa - Cold, Wind, and Rain

Chili Ride, Newton, IA, March 14

As Always, the ride was cold and the chili was hot. The ride goes from the Newton Mall on the east side of town, 9.5 miles due south to the Reasnor fire station. Which is not a very long ride, until you find yourself riding back into a 20-25 mph, 35 degree headwind. The wind was NNW. That 9.5 miles back from Reasnor seemed more like 25 miles. Club members at the ride were John Eich, Ken Lafrenz, Lanny Nuese, Brian Juel, Jim Christenson, Kris & Rich McKibben, and Dana Bresler.

The last two Saturdays we have had impromptu rides. Each week, mid week the weather was forecasted to be 60+ degrees, so I emailed everyone in the club locally, that we were having a ride. The first Saturday it rained and this last Saturday we had 25 -30 mph wind. On 3/27 a group of us met in Baxter and rode the Chichaqua Valley Trail to Bondurant. It was just grey and threatening rain on the way down but as we started back from the trailhead in Bondurant it started to lightly rain, which it continued to do all the way back. Sort of wrecked our plans to have a picnic after the ride. We ended up eating our sandwiches sitting in our cars. Riders were Dana & Ann Bresler, Terry & Cathy Briggs, Bob & Nancy Peterson, Charlie & Rita Smith, Brian Juel, Dieter Butzlaff, and LeRoy Kester.

This last Saturday, 4/3, we met at the Marshall County Courthouse and decided to ride the Marshmallo route that goes out East Main, then up to Green Mountain, past Beaman two miles, then turns West three miles, turn South back to Conrad and returning to M'town, doubling back through Beaman and GM (45 miles). The wind was coming out of NNW at a steady 25 -30 mph. Maybe I have ridden in stronger wind, but I don't remember when. It was really tough going into the wind, but man, when we turned down wind north of Conrad, what a ride! Just lift your feet and you are doing 25 mph. We were doing 20 & 25 up hills. It took us over two hours to go the first 25 miles into the wind and it took us less than an hour to get back to M'town. Riders were John Eich, Lanny Nuese, Terry Briggs, Jim Christenson, Dana Bresler, Bill Bucklin, Kris & Rich Mckibben, and Ken Stubbe.

IVBC Annual Saylorville Campout, June 4-5-6

Pencil it in on your calendar. A great weekend of family fun. Details in next newsletter.



IVBC RAGBRAI Charter business has been brisk this year. I think mainly because Marshalltown is an overnight town, but also because the route is more popular, passing through the center of the state and through larger towns. So, riders from Marshalltown will only have to pack half the clothes that they would normally carry and Wednesday night they can sleep in their own bed. Last year at this time we had 46 riders registered and currently we have 95. Included with this newsletter is a complete listing of those currently registered with IVBC. Please review this list carefully and let me know if you see any mistakes. This rider list will also be posted on our website www.marshalltownbikeclub.com and that copy will be kept up-to-date as new riders are added. Although, we can't add too many more riders. We'll have to cut registration off at 108 max. A couple of points about the rider list spread sheet. Column A: blank means that rider registered through IVBC and is getting their wristband from us. "C" means "Charter only" and they will get their wristband directly from the Des Register. "DP" is day pass. "T" is transportation only.

As you browse the list, you will see that we have riders coming from all over. We also have a real mix of RAGBRAI experience; first timers vs seasoned riders. This is a good thing. The IVBC RAGBRAI Charter tries hard to help new riders and make them feel welcome to the RAGBRAI experience. We help riders with tips and suggestions for preparing before hand, and we watch out for each other during the week long ride. There's a lot to deal with during a week of riding a bicycle across the state of Iowa in the middle of summer. First, making sure your bike and other equipment are in good working order. Second, if you are not used to it, tent camping and sleeping on the ground can be a learning experience. Third, keeping your well trained body hydrated, suntan oiled, clean (shower or swimming pool works too), and fed. Of course there's the weather to deal with. One hopes for warm, clear sun shiny skies, low humidity, and a tail wind, but must learn to deal with what comes along. Also you learn to appreciate a soft, level place to pitch your tent at the end of the day (2 miles from the rock & roll band).

In the next newsletter you will receive a IVBC RAGBRAI Tips sheet which is a list of tips and suggestions that has been developed from 20+ years of RAGBRAI experience. But in the mean time, the most important thing you can do is turn up your bike and get out and ride.

Number 1 rule: The more you ride before hand, the more you are going to enjoy RAGBRAI!

Up Coming Events (reference event schedule on back page)

Mayor's Ride, April 17: For anyone interested, the plan is to meet at the Visitor's Center at the Saylorville Dam at 7:30 a.m. and ride to Des Moines (11 miles), do the Mayor's ride and then ride back to the dam. Total mileage will be 47 miles. If you are not up for that many mile, you can meet us at the ride which starts at the Des Moines City Hall. Please wear your IVBC Jersey. If you don't have one, Charlie Smith still has one in your size and for a small fee he will put you in one. Give him a call at 641-752-3929.

RAGBRAI Seminar, April 24: IVBC is conducting a RAGBRAI Seminar at the Fisher Community Ctr. starting at 2:00 p.m. in the auditorium. Charlie Smith will be leading the discussion. It will be targeted at first time riders or people that are considering riding a RAGBRAI, but everyone is welcome to come participate and contribute.

NABR Ride, Nevada, May 1: Please note that they are running it backwards this year. See details in their brochure located on our website www.marshalltownbikeclub.com under Events.

Marshmallo XIX, May 8: This years Marshmallo ride is the Tour-de-Trails incorporating the Marshalltown Bike Trail, the Hwy 330 - Melbourne Trail, and the Chichaqua Valley Trail from Baxter to Bondurant. This year there are 12, 25, 40, 60, and 100 mile options. Something for everyone! Check out the brochure on our website. The century ride will be leaving Riverview at 7:00 a.m.

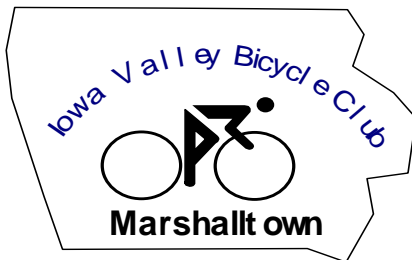


Iowa Valley Bicycle Club

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Date	Time	Event	Place
Apr 14	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Apr 14	7:00 p.m. 7:30 p.m.	Regular IVBC Meeting - All club members welcome Gary Peasley pictures of biking in the Rocky Mountains	Fisher Community Center
Apr 17	10:00 a.m.	Mayor's Annual Ride, http://www.dmgov.org/departments/pr/mar.htm 15 and 25 mile routes	Des Moines City Hall 400 East First Street
Apr 24	2:00 p.m.	IVBC Hosted RAGBRAI Seminar	Fisher Community Center
May 1	10:00 a.m.	4th Annual NABR Ride 14, 32, and 43 mile rides www.marshalltownbikeclub.com under Events Tab	Minsky's, Nevada, IA
May 5	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center, Conf Rm C
Mar 5	7:00 p.m. 7:30 p.m.	Regular IVBC Meeting - All club members welcome ??	Fisher Community Center Auditorium
May 8	9:00 a.m. Reg 10:00 a.m. Ride	Marshmallo XIX, see brochure on www.marshalltownbikeclub.com Century ride leaves Riverview at 7:00 a.m.	Riverview Park, North 3rd Ave Marshalltown, IA
May 15	8:00 a.m. Reg 9:00 a.m. Ride	The Creston Challenge 10, 30, & 50 mile rides http://www.greaterch.com/workfiles/index.html	Greater Community Hospital Creston, IA
May 22	9:00 a.m. Reg 10:00 a.m. Ride	Best Dam Bike Ride 25 & 40 mile rides	Ankeny, IA Address later

IVBC RAGBRAI XXXII Rider List

A	RAGBRI #		Last Name	First Name	City	State
	BRESDA10111943	1	Bresler	Dana	Marshalltown	IA
	KURTT008211944	2	Kurth	Tom	Marshalltown	IA
	SMITCH11281941	3	Smith	Charlie	Marshalltown	IA
	BRIGTE03191944	4	Briggs	Terry	Marshalltown	IA
	BRIGKA04301946	5	Briggs	Kathy	Marshalltown	IA
	NUESLA11091960	6	Nuese	Lanny	Marshalltown	IA
	NUESMA08181986	7	Nuese	Maggie	Marshalltown	IA
	CLOVBU08111940	8	Clover	Burton	Marshalltown	IA
	CLOVBE08091952	9	Clover	Beverly	Marshalltown	IA
	MCKIRI10121955	10	McKibben	Richard	Albion	IA
	MCKIKR02101959	11	McKibben	Kris	Albion	IA
	ETCHTO10141972	12	Etcher	Tony	Marshalltown	IA
	EICHJO07031944	13	Eich	John	Marshalltown	IA
	SCHOED09301948	14	Schooley	Ed	Waukee	IA
	SCHOJO09241950	15	Schooley	Joan	Waukee	IA
	JUELBR07071979	16	Juel	Brian	Melbourne	IA
	STIEMA05101956	17	Stiehl	Mark	Marshalltown	IA
	HENNRIO4301945	18	Henningsen	Richard	Grundy Center	IA
	SHAWRI08151947	19	Shaw	Rick	Eldora	IA
	SHAWSU07101948	20	Shaw	Susan	Eldora	IA
	TOLSJO06231941	21	Tolson	John	State Center	IA
	TOLSMA02031948	22	Tolson	Marva	State Center	IA
	TROSCH10271976	23	Trosper	Chris	West Des Moines	IA
	TROSSA12121973	24	Trosper	Sarah	West Des Moines	IA
	WILSPA08101953	25	Wilson	Pat	Marshalltown	IA
	STANLO06151949	26	Stanley	Loyce	Albion	IA
	BOSMJA04221983	27	Bosma	Jamie	Newton	IA
	PETERO10011930	28	Peterson	Robert	Marshalltown	IA
	CLINMI07161957	29	Clinard	Mike	Louisville	KY
	CLINPE08241962	30	Clinard	Penny	Louisville	KY
	BEURSU01151943	31	Beurskens	Sue	Marshalltown	IA
	BEURRO12171940	32	Beurskens	Robert	Marshalltown	IA
	PETENA03251944	33	Peterson	Nancy	Marshalltown	IA
	WOLTMA07041959	34	Volter	Mary Jean	Holland	MI
	BOGGMI04261971	35	Boggs	Michelle	Bayonne	NJ
	BOGGMI06031975	36	Boggs	Michael	Houston	TX
	BOGGGA12201945	37	Boggs	Garry	Albion	IA
	BURDJE04191966	38	Burdick	Jeff	Altoona	IA
	BURDKA05101966	39	Burdick	Karen	Altoona	IA
	YAUDRI01051959	40	Youds	Richard	Marshalltown	IA
	HENNRIO10241950	41	Henningsen	Robert	St. Louis	MO
	GLESRI02021952	42	Glessner	Rick	Marshalltown	IA
	CHILPA05111960	43	Cahill	Pat	Belton	MO
	CHEDGA08231966	44	Chedester	Gary	Gilman	IA
	KATZBR10221958	45	Katzer	Brett	Conrad	IA
	REUTDA09271961	46	Reutzel	Darci	Tucson	AZ
	BUCKBI09291947	47	Bucklin	Bill	Marshalltown	IA
	JACOER03171944	48	Jacobson	Eric	Ogden	UT
	SMITMA01051952	49	Smith	Mark	Marshalltown	IA
	BUTZDI12281936	50	Butzlaff	Dieter	Melbourne	IA
	BACKBO02271954	51	Backes	Bob	Marshalltown	IA

A	RAGBRI #		Last Name	First Name	City	State
	KNAPJE08261981	52	Knapp	Jessie	Bowling Green	OH
	FUREPA03311973	53	Furey	Paula	Bowling Green	OH
	ROGELA10031969	54	Rogers	Lacey	Kansas City	KS
	ROGEST12071966	55	Rogers	Scott	Kansas City	KS
	PARIBRO1221968	56	Parizek	Brian	Appleton	WI
	KUNKBR05291960	57	Kunkel	Brian	Marshalltown	IA
	KUNKAS06281986	58	Kunkel	Ashley	Marshalltown	IA
	KUNKAP04041989	59	Kunkel	April	Marshalltown	IA
	GARDHA04251946	60	Gardner	Harry	Marshalltown	IA
	GOSSJI06101949	61	Gossett	Jim	State Center	IA
	MCCUJO07051938	62	McCurdy	John	Urbandale	IA
	MCCOMI01261945	63	McCormick	Michael	Highlands Ranch	CO
	DUROPA05201946	64	Durow	Patrick	Omaha	NE
	JACOPE04091941	65	Jacobson	Peter	New York	NY
	CAHIDE11201953	66	Cahill	Denny	Marshalltown	IA
	BIEHWI01261967	67	Biehl	William	Lenexa	KS
	CAMPJU05121988	68	Campbell	Justin	Marshalltown	IA
	CAMPCA02101960	69	Campbell	Carol	Marshalltown	IA
	SCHERO09191952	70	Schelling	Ron	Marshalltown	IA
	KONTR001071961	71	Kontz	Ron	South St. Paul	MN
	MCKIDA12071982	72	McKibben	David	Albion	IA
	KESTLE01311947	73	Kester	LeRoy	Story City	IA
	JOHNBR03271956	74	Johnson	Bruce	Marshalltown	IA
C		75	Schelling	La Rae	Marshalltown	IA
C	THORDA11231946	76	Thornton	Dave	Duluth	MN
C	WADECO07241981	77	Wade	Cody	Marshalltown	IA
C	GROFDO07221953	78	Groff	Don	Longmont	CO
C	GROFDI07251957	79	Groff	Diane	Longmont	CO
C	DEVOST05251963	80	Devona	Steven	Arlington Hts.	IL
C	MCKIMA08281984	81	McKibben	Matthew	Albion	IA
C	HARRDU08041934	82	Harris	Duane	Marshalltown	IA
C	BYERRI03281956	83	Byers	Rita	Marshalltown	IA
C	STROMA07021969	84	Strom	Matt	Jackson	MN
C	DEVOCH09011959	85	Devona	Chris	Arlington Hts.	IL
C	WYOMOMA02171965	86	Wymore	Martin	Marshalltown	IA
C	VREERO08231951	87	Vreeland	Roger	Marshalltown	IA
C	VREEZA08281976	88	Vreeland	Zak	Brooklyn	NY
C	VREEJA10301954	89	Vreeland	Jack	Portland	ME
C	MONTNA01101953	90	Montgomery	Nancy	Portland	ME
C	HAWKBI01191955	91	Hawk	Bill	Grundy Center	IA
C	HAWKJA12071983	92	Hawk	Jacob	Grundy Center	IA
C	HAWKPH07091986	93	Hawk	Phillip	Grundy Center	IA
C	POTHTH05161985	94	Pothast	Thad	Marshalltown	IA
C		95	Rieger	Gary	Marshalltown	IA
1DP	KUBADA12301949	WT	Kubalsky	David	Marshalltown	IA
2DP	BURDKA09121995	WT	Burdick	Katie	Altoona	IA
2DP	CARLMA08091961	TW	Carlson	Martha Ann	Des Moines	IA
T			Rob	Cooper	Marshalltown	IA
T			Linda	Cooper	Marshalltown	IA