

D E C E M B E R 2 0 0 9

ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

Merry Christmas !

If you are thinking about IVBC clothing as a Christmas gift, now is the time to act. We have a very limited supply in selected sizes, and we have reduced the price, so hurry over while supplies last. IVBC will deal. Below is a list of the remaining clothing articles: Men's shorts (3 medium); IVBC Tank Tops (1 small, 1 large); IVBC Shirts (1 small); and Marshmallo Shirts (1 small--long sleeve). We also have water bottles, which make excellent birthday and Christmas gifts or stocking stuffers (\$5). Contact [Charlie Smith](#).

A note from the new IVBC President

I just wanted to thank the members who had a part in making the meal for the November meeting and for the pictures of the past years events (thanks to Dana for putting it together). I would like to encourage other members to come to the meetings and attend other events. There is a small group of members trying to put together a ride calendar. I have a hard time trying to find time on weekends and in the week to ride, so this may help me also, in planning a time to ride or give me more options. If you or others want to get a ride together, send it to John Eich, Pat Lynott, Charlie Smith or another member to put it on the calendar or to post on the web site. If you know of a project that would increase biking in and around our community please let someone in the club know.

--Tony Etcher



RAGBRAI Registration

RAGBRAI Sign-Up: You can sign up for RAGBRAI 2010 now. Registration was opened up on November 15. Go to the Register's website RAGBRAI.org

Tip of the Month

Now is a good time to begin your winter conditioning schedule. It is much easier to stay in shape than to start over late this winter or early this spring. Plan your winter conditioning by working on improving your weakest aspect of biking. If you are not a good climber, or it is the weakest part of you're cycling, work on exercises which will improve your ability to climb.

A great place to start is the Community Y. You will find everything you need and add some socialization to your workout.

Annual Meeting

A special thanks to all those who attended the IVBC Annual Meeting the UAW Hall. Approximately 45 people enjoyed an evening of great conversation, pasta, entertainment, and door prizes. We would like to give a SPECIAL THANKS to Dana Bresler for the presentation on the many accomplishments of IVBC during the 2009 year. We were BUSY this year!

The slate of club officers was approved and awarded the full support of all club members. Everyone received a door prize before leaving. We gave the term "door prize" a new meaning, you could not go out the door until you took some of the left-over pop, sports drink or a shirt from a previous ride.

2010 IVBC Board Members and Officers

President: Tony Etcher
Vice-President: Darrell Bartlett
Secretary: Kris McKibben
Treasurer: Rita Smith
Newsletter: Charles Smith
Membership: Dana Bresler
Quartermaster: Terry Briggs
RAGBRAI Coordinator: Dana Bresler & Tom Kurth
Marshmallo Coordinator: Ken Lafrenz & Pat Lynott
Ride Coordinator: John Eich & Pat Lynott
Publicity: Sara Kurth
Webmaster: Rita Smith
Ride Right Coordinator: Brian Juel
Trails Representative: Charles Smith
Historian: Tom Kurth



RAGBRAI Presentation

On November 16, Dana Bresler and Charles Smith made a presentation on RAGBRAI to the Marshall County Retired School Personnel at Fisher Community Center. The Retired School Personnel was very impressed and most appreciative.

History

Early designs of the recumbent bicycle first appeared in the 1860s. The recumbent soon proved to be so fast that in 1934, the recumbent was banned from competition by the UCI. A recumbent holds the current human powered speed record of 82 miles per hour on level ground from a flying start, powered by Sam Whittingham on the Vama Diablo in 2009.



"I Am Grateful"

The IVBC newsletter staff would like to announce that due to the overwhelming response of the request for "I Am Grateful", the staff will publish two newsletters in December, one week apart. The second newsletter will be solely dedicated to the "I Am Grateful" response. You can still be included if you mail your response by Dec. 14th to [Charlie Smith](#).

CLASSIFIED ADS

If you want buy, sell, or maybe just give away something, let IVBC know, and we will post the advertisement. Send item description to [IVBC newsletter](#) or call 752-3929.



Route Announcement Party

Benefiting the Iowa Bicycle coalition

Saturday, January 30, 2010

7:00-10:00 p.m.

Hy-Vee Hall, Downtown Des moines

\$30

Join us for a special night of FUN as the RAGBRAI XXXVIII overnight communities are revealed!

Featuring live music with a special performance by the Nadas! Acoustical duo by Jason Walsmith and Mike Butterworth.

Only 500 tickets available!

www.iowaBicycleCoalition.org for information

RAGBRAI Route Announcement Party

The RRAP will be an annual event with several different forms of entertainment. The party will consist of the following events:

- Live Auction on Great Cycling Items
- Silent Auctions on Great Cycling Items
- Door Prizes
- "Guess the Route" Raffles
- Iowa Bicycle Coalition Updates
- Complimentary RAGBRAI-Style Snacks and Soft Drinks
- Complimentary Drafts (also a Cash Bar)
- Special Commemorative Souvenir Gift
- Fun for All

Cycling Against the Car Culture:

Read the following article by a cyclist from England, and see if we have any common issues. <http://thecyclingsilk.blogspot.com/2009/11/cycling-against-car-culture.html>

Iowa Bicycle Summit

January 6 29-30, 2010

8:30-4:30

Iowa Events Center, Des Moines

The Iowa Bicycle Summit is the premier education conference on bicycling.

The Friday session is directed towards teaching engineers and planners about building better bicycle facilities. This session is led by John LaPlante, P.E., former traffic engineer for the City of Chicago.

The Saturday session is geared towards grassroots bicycle advocates. Sessions include Design innovations, Safe Routes to School successes, New Marketing for Bicycling, Cycling Safety, and Urban Centers.

This year also includes the RIDE RIGHT clubs and teams meeting www.iowaBicycleCoalition.org to register

***Note:** Eight tickets are held in reserved in Charlie Smith's name if you would like to attend the RAGBRAI Route Announcement Party. You may tell them at the door you want one of the tickets reserved for Charles Smith. You will still need to pay, but we can assure you of getting a ticket. We do know the event was 40% sold out within a few days of the tickets being available. Email Charlie at crsmith@mchsi.com if you want one of my reserved tickets.

Iowa Valley Bicycle Club

P.O. Box 927

Marshalltown, Iowa 50158



Iowa Bicycle Coalition Summit: The Iowa Bicycle Coalition Summit in Des Moines just keeps getting better and better. I would like to urge as many members of IVBC as possible to attend the Summit, especially during the Saturday sessions. Many of our members are working to make Marshalltown a better city to ride a bicycle and the summit offers several ideas to help in the task of building a better Marshalltown. Topics range from safety, design, marketing, along with the chance to network with other bike clubs. If you have an interest in attending the Summit, email Charlie Smith and we can work on transportation and other benefits yet in the works.

Bicycle Safety Bill: Many members have been asking about the bicycle safety bill. As you may know, a version of the bill passed the Iowa Senate during the first session and is now in the House Human Resources Committee, chaired by Rep. Mark Smith. A different bill, one more comprehensive, is being drafted by the Iowa Bicycle Coalition and Mark Smith and will (we believe) come out of the Human Resources Committee. We are most fortunate to have Mark Smith representing Marshall County and promoting safe cycling. Let Mark know you support him and appreciate all he has done to improve the health and safety of our county. We will keep everyone informed as the bill becomes more formal.

Iowa Bicycle Coalition: One of the best ways to support a strong bicycle safety bill is to support those who are working to make our state a great place to ride a bike. You can join the Iowa Bicycle Coalition for as little as \$25. As the editor of this newsletter stated, "If we are willing to pay \$75 to \$100 for a bike helmet, perhaps we should pay another \$25 and join an organization working for a safe place for us to ride a bicycle."