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ON YOUR LEFT...



NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB



BIKE TO WORK WEEK

Over the past two years, more corporations are becoming involved in wellness activities within the corporation, as well as sponsoring communities' wellness activities. The Iowa Bicycle Coalition Summit and the RAGBRAI Route Announcement Party received sponsorships from several new corporate sponsors. Recently it was announced that Hy-Vee will promote Bike to Work Week in their stores this May. The news will allow IVBC an opportunity to make Bike to Work Week an annual event to kick off the biking season in Marshalltown.

IVBC voted to support Bike to Work Week by allocating up to \$500 expenditures towards making Bike to Work Week successful. Ann Miller is the coordinator for the Club, and if you would like to help Ann, please contact Ann at ahmiller63@hotmail.com.



Linn County Share the Road Signs

As Marshalltown recently sign bicycle routes for the city, we now learn that counties are discussing the signing bike routes on secondary roads. Linn County will soon have signs throughout the county encouraging motorist and bicyclist to share the road. All signs will be purchased with donated money and will be placed and maintained by the county. The same proposal was rejected by the Muscatine County Board of Supervisors because of the liability issue. As you may know, IVBC asked the Iowa DOT to consider moving the rumble strip to the outside white line for the new Highway 330 from Summit Street to Albion, making a rumble "stripe", which would allow more room on the shoulder to ride a bike. A safe biking route to Albion would add a greater variety biking routes for Marshall County and signed routes in Marshall County would enhance biking in our area.

More Bike Parking

IVBC will continue to work with the Marshalltown Central Business District to improve bike parking in the city by contributing \$2,000 towards the purchase of additional bike racks. Tom Kurth will coordinate the project with the CBD. Once the Central Business District decides locations Tom will call for volunteers to assist in the placement of the racks.

WANT TO BUY

I'M LOOKING FOR A BIKE TO COMMUTE TO WORK THIS SUMMER--THE SIMPLER THE BETTER. ONE-SPEED BIKE PREFERRED. PLEASE CONTACT VON KETELSEN, (515) 408-8665. E-MAIL von@ccr.net



Mileage Reports

It would be most helpful if everyone would email or call Tom Kurth and report their mileage for 2009. Also include if you had ridden a century for the first time and if you had five or more centuries. You can reach Tom by email at stkurth@mchsi.com or call him at 641-752-4811.

RAGBRAI Update

As you read this, all RAGBRAI tickets allotted to IVBC have been sold and both buses are filled. If you need tickets and /or transportation, all may not be lost. Contact Dana Bresler at ivbc@mchsi.com immediately, possible to seek his advice. Secondly, it is strongly suggested that you mark November 2010 as a time to sign up for the 2011 IVBC RAGBRAI package. Good luck!

IVBC Jersey

The Club has sold all its club jerseys, and there has been some discussion of a redesign or making some modification to the current club jersey. If you have suggestions about changes you would like to see in the jersey, or would like to help with the selection of a club jersey, email Charles Smith at crsmith@mchsi.com. Also, if you are interested in purchasing a new club jersey, let us know as soon as possible, which will help in determining the size of the order. The more we order, the lower the cost.



History

In 1896, E. H. Hodgkinson of England patented a three speed gradient gear, the forerunner to the modern derailleur. Fourteen years later, in 1910, Frenchman Paul de Virvie invented a derailleur that shifted among four gears located at the pedals. It is difficult to imagine not having a derailleur.

Bicycle Safety Bill

We are looking at round two in getting a bicycle safety law for the state. Senate File 117 was approved by the Iowa Senate during the last session and the bill is now in the House Human Resources Committee, chaired by Marshall County Representative Mark Smith. The bill has proposed amendments, allowing a broader scope so as to include more than cyclists. The House proposed amendments is using the more inclusive term "vulnerable users." Below is a list of the points in the bill, including a definition of "vulnerable user". The text of the amendment is available at <http://www.iowabicyclecoalition.org/node/295>.

The points of the bill are:

- 1) Bicyclists must obey signs and signals.
- 2) When passing a bicycle, a motorist must maintain 5' of distance from the bicyclist.
- 3) "Vulnerable user" is defined as a person on a bicycle.
- 4) A person operating a motor vehicle shall not steer the motor vehicle, in a careless or imprudent manner, unnecessarily close to or toward a vulnerable user of a highway.
- 5) A person shall not knowingly project any object or substance at or against a vulnerable user of a highway.

As the process unfolds, the cause may need widespread support, at which time, IVBC will put a call for support via email, including instructions as to the how to show support. We do appreciate the Iowa Bicycle Coalition, Rep. Mark Smith, and Rep. Sharon Steckman for their work on making Iowa a better place to live.

Iowa Bicycle Coalition Summit

The Iowa Bicycle Coalition Summit offered several interesting and educational sessions. It is a great opportunity to rejuvenate one's interest in cycling. Below are a few interesting points made by presenters at the Summit:

1. Bike lanes reduce automobile accidents by 50%. Motorists drive more carefully when bike lanes are placed on the street.
2. Riding a bicycle on the sidewalk is 5 times more dangerous than riding in the street.
3. Ten foot traffic lanes are just as safe as twelve foot lanes at a speed of 45mph or less.
4. There are 29% fewer automobile accidents when we move from four lanes to three.
5. 25% of all trips are within a mile of the home.
6. 40% of all trips are within two miles of the home.
7. 50% of the working population commutes five miles or less to work

There is no Finish Line

Several individual have been working hard to make Marshalltown a better place to live. For some of us, that means a better place to ride a bicycle. As the years go by, we wonder if we will ever finish-- will we ever get there? Where is there? In an ever changing society, what would a better place to live look like? Some would say it is a society capable of changing to meet the changing needs to society. The word change would indicate that we will never finish--never be complete. We can only develop the best method of change that allows us to grow in the right direction. Having said that, watch the following video on the web. It will make you feel good.

<http://vimeo.com/6666520>

Tip of the Month

As we look outside and see nearly 8 inches of snow on the ground, it is hard to believe that in a few weeks we will be hitting the roads. Now is a good time to think about getting in shape. Start slow and easy, and stay with a routine. As you begin to get in shape, it will be easy to increase the intensity. Squats with little or no weights will build leg strength. Walking will help increase your endurance. Start a spinning class and/or a conditioning class at the Y. Training with other people will help with the motivation. It is always more fun to train with other people. Starting slow and gradually increasing the intensity will keep you injury free and pay off big in the spring. You will only get stronger as the cycling season goes along.



Important things to remember

1. Exercise
2. Eat right
3. Get enough sleep
4. Don't forget Feb. 14th

--Editor's wife

Bike Rodeos

Looking out the window at the snow, one may find it hard to believe that Spring will someday be here, and that means it time for the Bike Rodeos. Again, IVBC will purchase the helmets given to those young bikers without a helmet. It has been suggested by a few of those who work the

Bike Rodeos that an evaluation of bicycle education may prove beneficial. It is hoped that in March, representatives from IVBC, Police Chief McAllister and the Marshalltown Police Department, Imagine 2011, YMCA/YWCA, Marshalltown Community School District, and other interested parties could meet to examine the many

avenues to improve bicycle education in Marshalltown. If you have an interest in attending the meeting or helping with the bike rodeos, please contact Charlie Smith at crsmith@mchsi.com or call 752-3929, and you will be more than welcome.

Iowa Valley Bicycle Club

P.O. Box 927

Marshalltown, Iowa 50158

REMEMBER--The regular IVBC meetings are held on the second Wednesday of every month at the Fisher Community Center at 7:00 p.m. The RAGBRAI committee meets at 6:30 p.m. before the regular meeting. Anyone interested in bicycling is welcome to attend.