

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

ON YOUR LEFT...

A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB



Click on the second line of this link to see an interactive Christmas greeting.

<http://www.jacquielawson.com/viewcard.asp?code=2053062392741&source=jl999>

My bike has given me the best friends a person could ever ask for!!! My bike gives me the joy of being able to clear my head of useless and unnecessary thoughts and fill it with good positive ones!!! Experiencing the freedom of riding my bike on a trip feels like I need to pinch myself because it's like I am living in a real life dream!!! You can't find a better feeling. Live life to inspire others!!!

The Captain -- **Rilla Zak**

I am grateful for the great colors I see when I'm enjoying outdoor Iowa! --**Carrie Barr**

I am Grateful

IVBC would like to wish all a Merry and Joyful holiday season. We have so much to be thankful for, the joy of friendship, and enjoying an activity together in a beautiful part of our nation.

Being with people who work so hard to make the world a better place for all people gives me so much energy. I am so grateful.

--**Charlie Smith**

"I am grateful for the opportunity to enjoy the challenges of a tough training ride and enjoy the camaraderie of sharing this time with good friends." ----**Ken Lunsford**

I am grateful for the added way to fight "nature/outdoor deficiency".

--**Mary Wertzberger**

I am Grateful for Speed Play Pedals with extended spindles and 15 degrees of float, and of course my family and country as well.

--**Williams Jennings**

I am grateful for "the GREAT friends we have made through bicycle clubs in every place we've lived!" --**Ann Bresler**

The bike is a good reason to bring otherwise independent people together. I have met good friends. It has brought my sister's family and my family closer together due to her husband's and my bike-ability.

The list could go on. --**Roger Vreeland**

I once heard one of the computer inventors talk about the computer being the "bicycle of the 20th century." When asked why, he told the story reading Scientific America magazine as a child and reading about a 19th century study of how much energy creatures exerted getting from Point A to Point B. The elephant exerted the most energy and condor the least. Humans were in the middle. When humans were placed on bicycles, their energy exertion went to the level of the condor. The joy of bicycling for me is the ability to soar like a condor.---**Mark Smith**

I am grateful for the friends that stepped forward to help me and Carrie after my bike injury. Thank you Dana and Charlie for stopping in and fixing our bed and mowing the front lawn that day. Thanks to all who thought of me. Have a Merry Christmas, everyone.--**Rick Glessner.**

Cycling has changed my life. I no longer have high blood pressure, I have lost 50 lbs, and I get to spend the most joyous week each year with my brothers during the wonderful event of RAGBRAI. Best wishes to all for a joyous holiday season! -- **Rodney Bridges**

I am grateful for all the wonderful technology that is applied to bicycle design. I love going in to bike shops. --**Bob Ockenden, Minneapolis**

I am thankful for clean air! --**Diane Groff**

What I am grateful is the nice bike paths in and around our town, hopeful more to come in the years ahead (the sooner, the better)!!!! --**Tony Etcher**

I am grateful for all the friends I have made while on the bike.--**Kent L. Geffe**

I am grateful for the growth of bike paths that make the sport safer. This Fall, I traveled the northeast Marshalltown path and counted 99 inchworms inching across it--**Joel Greer**

I am grateful for the God given ability to get on a bike and pedal away. --**Douglas Ritter**



<http://www.frontiernet.net/~jimdandy/specials/xmas.htm>

Click on the second line of this link for a Christmas message.

Cycling has brought me so many wonderful things.....“I am grateful for cycling in that it has made me a friendlier, more healthy person because bike people are generally very friendly and healthy people in attitude, in life, and in fitness.....It’s contagious as I have met so many nice people on a bike and have new friends because I ride a bike.....and I have ridden in places and seen and experienced some of the wonders of our homeland because I bike.....now you know the #1 reward I get from my bike!” --**Denny Cahill**

I am grateful that.....biking allows me to make many new friendships while doing an activity that I very much enjoy.

--**Terry Briggs**

I am grateful for the time I get to spend with my daughter while riding our tandem. --**John Dawley**

I am grateful for/that I am physically able to ride a bike --**no name**

I am grateful for meeting old (ha) and new friends on my many rides throughout the year --**John Eich**

I am grateful for all the great cycling friends that I have made over the years! Not just locally, but across Iowa and other states.

--**Kris McKibben**

I have gone from a size 12 to a size 6 dress size in the last 3 years as a result of biking.

--**Jennifer Hunter**

I am grateful for my involvement in cycling because:

- I lowered my cholesterol to below 170
- I have an immense sense of accomplishment
- I can eat comfortably and still be at good weight
- I get to see so much of the country that I missed when in a car
- I know that I can get from point A to point B with no carbon foot print
- I can feel the power in my own legs to climb hills and head into stiff wind
- I love the rush I get on fast down hill descents
- I get to associate with wonderful friends that enjoy the sport as I do --**Dave Thornton**

I am grateful for the feeling of freedom and in touch with nature when out on the road biking. Also because I bike, I have so many wonderful memories of places seen, people met and new places I want to go. Biking continues to give me back my youth.

Regards --**Alan Hutson**

I'm grateful that my friend Harry Gardner turned me on to running 5k's and then bikes! I remember how hard it was to ride 5 miles on a bicycle when I first started. I never really had a niche before that. Now I feel terrible when I can't get some miles in. I don't know where I would be now if not for bikes.--**Lanny Nuese**

...the solitude on solo rides--**Darrell Bartlett**
I am grateful that Marshalltown has such a great bike trail and that we have so many dedicated individuals working hard to make M'town a biker friendly town.

--**Vicki Fitzgerald**

I am grateful for all the great people that I have met through biking and for the once-in-a-lifetime Iowa 150 experience that I had.--**Rich McKibben**

I'm grateful for the exercise and the great feeling I have after a good bike ride. --**Guy Buchwald**

I am grateful for the fellowship that biking gives me, for the exercise and weight loss I accomplished, for the Ragbrais I have been able to participate in, and for the parts of Iowa I have been able to explore because of going on Ragbrai. I am grateful that I am able to renew friendships made with people from within and out-of-state of Iowa during the week of Ragbrai, for being able to ride the county roads and get to know them better, and for being afforded the opportunity to ride different kinds of bikes that were owned by other bike members, such as a recumbent, tandem, etc. I am grateful that Iowa has supported new bike trails and that I have been able to explore some of them. I am grateful that my family has supported my love of biking and has been involved in one phase or other of biking with me.

--**Tom Kurth**(Team Tom)

I am grateful for all my great riding friends, our camaraderie, the exercise, and a healthy body. It's all about aging gracefully. --**Dana Bresler**



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*NOTE-- The Editor hopes we got everyone's "I Am Grateful..." in the newsletter and left no one out. If we didn't, first accept our deepest apology, and do let us know, and we will correct the error. Thank you very much.--Charles Smith