

J A N U A R Y 2 0 0 9

ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

NOTICE

Iowa Valley Bicycle Club newsletter is going "green". The newsletter will be sent via email and also posted on our website at <http://marshalltownbicycleclub.com>. It's good for the environment.



Message from the President

Are you ready to start a new year? We sure are. Already RAGBRAI registrations are pouring in, and plans are in the early stages for rides, campouts, and RAGBRAI organization. We will have a planning session to decide more details on Sunday Jan. 18 at 1 p.m. at the Fisher Comm. Center. We encourage all members and prospective members to attend to help make this the best biking year ever. This planning meeting has become an annual event to set goals and dates and decide what we want IVBC to accomplish for the upcoming year.

Also this month, the Iowa Bicycle Coalition will have its annual Bicycle Summit on Jan. 23-24. This is a very informative workshop that will leave you pumped up for bicycle awareness. Some IVBCers will be attending.

Next, it's time to start the new cycling season off with the BRR ride in Perry! We hope to see you at many of these events!!

—Kris McKibben

P.S. Don't forget to get signed up for RAGBRAI today!



2009 Planning Session

IVBC will meet on January 18 at Fisher Community Center from 1:00 to 4:00 to develop goals and action plans for 2009. Everyone is welcome to share their thoughts for the direction of the bike club for the next year. The meeting will be an informal working session.

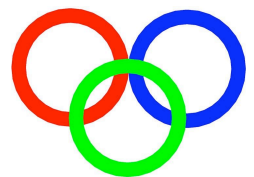
Biking Tip of the Month

With ice and snow on the ground, a riding tip of the month may not be as effective as it would in June or July. What we can do is overhaul our bicycles and our bodies. You will help prevent breakdowns---of all kinds this summer. Hit the Y to improve your conditioning and get a jump on this spring. Plan biking trips for the summer; get the entire family involved in the planning process.



My Y Tri

It's not too late to volunteer to help with the Y Tri held on January 31. If you would like to help, call Charlie Smith at 752-3929.



Grimes Farm/Hwy. 330 Trail Linkage Project

The IVBC club was the first to make a contribution to getting the Grimes Farm Trail connected to the Melbourne Trail. The contribution of \$12,500, or at least a part of the sum, will be used toward engineering fees to determine a more exact cost estimate for the trail. During the January planning meeting, the club will discuss ideas for making more contributions towards the completion of the trail. Not finding it necessary to ride Lincoln Way to get to the Melbourne Trail will be a dream come true! We have been saving RAGBRAI and MARSHMALLO profits for several years for this project.

Pictures at right are from 2008 MARSHMALLO ride in May. Our club sponsors this ride, and we ride Lincoln Way to connect to the trail. The 100 milers ride to Bondurant and back. Others ride to Melbourne and in-between distances.



NOTICE: IVBC President Kris McKibben is inviting all friends to her 50th birthday party on Fri. Feb. 6th at the Old Timer in Marshalltown...Starting at 4pm. Free keg. NO gifts please!

MS 150

The MS 150 Ride will be returning to Marshalltown on August 29-30, and they have asked for our help again. The MS 150 organizers are planning a bigger event for Marshalltown than last year and will be here in January to discuss event and route planning. IVBC found helping with the event to be a great way to help out with a worthwhile cause and experience an enjoyable evening.

Complete Streets

Complete Streets is a concept to make sure our streets are safe and inviting for all modes of transportation. Note those cities experiencing growth are working to become "Complete Street" communities. Could there be a relationship? To find out what cities in Iowa are doing to adopt the "Complete Streets" idea, check out the following site:

<http://iowabicyclecoalition.org/resources/completestreets.htm>

Better Bicycling Curriculum

The bike club has accepted a rather large challenge of writing and teaching methods of making biking more enjoyable and safer for all ages in our community. States and communities who are bicycle friendly provide such programs, and who else better to sponsor such a program than the Iowa Valley Bicycle Club. Colorado and Oregon provide bicycle program manuals that offer many safe biking tips, and the bicycle safety instructor courses offered by the League of American Bicyclists is most helpful.

The Club will need several volunteers to help with ideas for the program and to help teach the better biking methods. The most important part of the program will be the safety and skills activities. We will offer those activities through the Community Y and the Marshalltown Park and Recreation Program. Starting this summer, we will teach safety and skill activities at the Y Day Camp and the Park and Recreation Day Camp. We are also looking forward to playing a role in the Marshalltown Community School District's Safe Routes to School Program. Finally, we would like to offer a safety and skills program for adults.

The chapter on safety and skills has been written, and we wait until summer for a performance evaluation. Listed below are the areas of the curriculum. As you can see, this is a multi-year project.

1. History of the Bicycle
2. Types and Anatomy of the Bicycle
3. Buying the Right Bike, Helmet, and Clothing
4. Bike Fit (Adjusting the bike to you.)
5. Bicycle Safety Techniques and Skills for the Road
6. Conditioning
7. Nutrition and Hydration
8. Bicycle Maintenance
9. Biking as a Method of Transportation
10. Bicycle Etiquette
11. The Role of the Parent of Young Bicyclists
12. The Joy of Riding
13. RAGBRAI
14. Touring

Iowa Bicycle Coalition Summit

On January 23-24, the Iowa Bicycle Coalition will sponsor a Bicycle Summit in Des Moines. The Saturday sessions are very helpful to bike clubs, and we encourage club members to attend. The sessions are very motivational and informative for all bike clubs. Check the Iowa Bicycle Coalition web site for registration details.

EDITORIAL

Anyone is welcome to submit an editorial at any time by sending it to [IVBC newsletter](#).

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](#).



Charlie Smith (top), Dana Bresler, Bill Bucklin, Tom Kurth, and Jordyn Simbides helped teach bicycle safety and skill activities at the Y Day Camp last July.

RAGBRAI Update

As I write this we have 67 riders signed up for our (IVBC) full charter package. The full charter package includes one of our guaranteed RAGBRAI tickets, which means the rider is guaranteed a ticket and does not have to enter the RAGBRAI lottery process. We have 14 tickets left.

In order to qualify for one of these tickets one must:

- 1) be a member of the IVBC
- 2) register online at www.ragbrai.org, indicating that you want to join the "Iowa Valley Bicycle Club" group – which is group #40
- 3) mail to me (must have in my hands on Feb 25) the RAGBRAI waiver generated during the online registration, membership application (if not already a member), IVBC Charter application, and "one" check for all associated fees.

The membership application and charter application can be found on our website at www.marshalltownbikeclub.com. Mailing address is on the forms. For planning purposes the RAGBRAI fee is \$140.00; IVBC Charter fee is \$150.00; club membership is \$20.00. If there are any questions please call me at 641-753-3114 or email ivbc@mchsi.com.

--Dana Bresler

2008 Mileage Information Needed !!!

Tom Kurth will be calling soon to get mileage statistics for 2008. To help him out, you can email your information to Tom at stkurth@mchsi.com

Please send information of ALL family members who ride. We need names, city, state, total mileage for 2008 of each person, how many centuries ridden, and tell if anyone rode their FIRST century last year. It will be a huge help to do this via email. He will start telephoning in a week or two, so email soon. Our club continues to try to reach our goal of 250,000 miles ridden by members.

IVBC Jan - Feb 09 Calendar			
Date	Time	Event	Place
Jan. 14	7:00 p.m.	IVBC Regular Monthly Meeting:	Fisher Community Ct.
Jan. 18	1:00-4:00 p.m.	IVBC Yearly Planning Session	Fisher Community Ct.
Jan 23-24		Iowa Bicycle Summit http://www.iowabicyclecoalition.org/summit.htm	Des Moines, IA
Jan 31	starts at 7:30	Community Y Tri	Community Y
Feb. 7	10:00 AM	BRR http://www.bikeiowa.com/asp/features/featuresdisplay.asp?ArticleID=908	Perry, IA