

J A N U A R Y 2 0 1 1

ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB



EDITOR'S NOTE: *We did not receive enough "I Am Grateful..." comments to merit a separate newsletter. Consequently, I have included those comments in the January newsletter. Thank you very much. Charlie*

I'm grateful for the gift of life and the love of friends and family and having the ability to do the things I enjoy! Happy Holidays everyone! --Ken Zak

I am grateful that many moons ago, while playing on a softball team, one of my teammates had ridden RAGBRAI. I had always wanted to participate, so I asked her for advise/help. Well, Rita Byers gave me that advise. We rode RAGBRAI the next summer, and I have become addicted. However (on a side note), if a protégée gets new shoes/peddles with clips, and she falls the first few times, is it proper for the mentor to point and laugh at her protégée?! (I think not Rita!!!) :) . Seriously, though, I am grateful for my health, having a wonderful family, great friends, and especially the great friends I have met in IVBC! Thank you, --Darci Reutzel

I am Grateful for the IVBC and all the great things they do to run a Great RAGBRAI event every year! --Doug Ritter

In regards to biking stuff....I am grateful for the friends I have made going with IVBC on RAGBRAI. I am also grateful that my dogs love to go trike riding everyday and get nutty when I do not.--Brad Bosworth

I'm grateful to be a member of the IVBC, the friends I have met there, the many good things the club has accomplished in Marshalltown, and for bicycling in Iowa. Phil Leininger (a co-worker) got me started riding three years ago, and I really appreciate that. My doctor also is very happy that I'm biking. After a good ride, it makes you feel great! I'm grateful for the friends I have made while bicycling on training rides, RAGBRAI, and other local rides. I'll be glad when I retire and can ride more often.--Guy Buchwald

I am grateful for the opportunity to improve our community through the Iowa Valley Bicycle Club. I am proud of our Club and the gift of working with so many friends to make Marshalltown and Iowa a better place to bike. I am grateful for friends who look out for me. -- Charlie Smith

Iowa Bicycle Summit in Des Moines

Saturday, January 29th sessions of the Iowa Bicycle Coalition Summit in Des Moines feature speakers presenting on topics including design innovation in transit model bike networks, safe routes to school, long-term trail and safe streets planning, innovations in bicycle bridges, green street infrastructure, promoting sustainable food and physical activity with youth, community bicycle clubs, cycling safety, bicycle injury rehabilitation, new marketing ideas such as bike-share programs, and urban dirt. The cost of the Saturday session is \$35, and one can register on line at the [Iowa Bicycle Coalition](#) web site.



RAGBRAI Route

Announcement Party

The Register will announce the RAGBRAI route at the annual RRAP held at the Iowa Events Center, on the evening of January 29. You can attend the party by registering at the Iowa Bicycle Coalition web site. Cost is \$30.



Nothing compares
to the simple
pleasure of a bike
ride.

~John F. Kennedy

Mileage Reports

The IVBC is again trying to tabulate the total number of miles ridden by club members during the 2010 season. We are trying to tally ¼ of a million miles for the second year in a row. The club had come close in years past, but it was great to finally reach that goal last year, and now we would like to keep that amount of mileage going. I will be doing the mileage collection for 2010 differently. I want to have all members **report mileage to me by phone (641-752-1148)**. If no one is home, you may leave a message including your mileage. **You may also report mileage by email (stkurth@mchsi.com)**. We will need to have all mileage reported no later than February 28, 2011.

When reporting mileage please include your mileage, your spouse's mileage and any miles ridden by children whether they are pre-school, grade school, high school or college age. If some of the riders don't have computers on their bike, you may estimate their mileage. Please remember to estimate high because children ride farther than you may think. Every little bit of miles helps us towards our goal of ¼ of a million club miles.

The club will be giving annual awards again this year. Awards will be presented to the club members with the most male miles, female miles and the family with the most miles. Awards are also presented to those riding their first century ever, 5 or more centuries and for riding a double-century. Please include this information about centuries with your mileage report.

Thanks for your help. **Please remember to report all mileages by phone (641-752-1148) or by email (stkurth@mchsi.com) no later than February 28, 2011.** --Tom Kurth

IVBC Planning

In January and February, IVBC sets goals and determines projects for the new year. The goals and projects cover a wide variety of areas, ranging from the contributions the Club makes to the actual hands-on projects we would like to undertake. During the next two club meetings, we will attempt to set the direction for the Club during 2011. We encourage all members to attend a club meeting or email a club officer to offer suggestions and guidance in setting our direction for 2011. Watch for the date of the February meeting as it may be changed due to the SuperBowl game.



RAGBRAI REPORT

RAGBRAI - Registration 101

Since we are an official RAGBRAI Charter, IVBC gets an allotment of RAGBRAI tickets that we offer to our club members on a first-come-first-served basis. Once I have sold all our allotment of tickets or the end of February which ever comes first, I will close our charter on RAGBRAI.ORG. I have to have our charter closed out, turn in all "original" waivers (no copies), and pay all fees to RAGBRAI on March 1. That, however does not mean our charter is full. We will still have seats left until we fill two 55 passenger buses, but riders will have to get their tickets directly from RAGBRAI after March 1. Our buses are typically filled by the end of May. All riders on our charter must be registered with RAGBRAI.

Here is how to register for one of our tickets. First, register online at www.RAGBRAI.org indicating that you want to go with group #40, Iowa Valley Bicycle Club. At the end of online registration, print the waiver. Next go to www.marshalltownbikeclub.com and print off a membership form and a charter application. Fill out charter app, membership form, waiver, and mail along with one check for all fees to address on charter app. If you purchase a jersey or souvenir pack during the online registration, just markup the charter app indicating what you purchased, and include the price in your total fee. If you have questions or need help with registration, just give me a call. Dana Bresler 641-485-4804



Lennox Industries of Marshalltown Contributes to the IVBC

Lennox Industries of Marshalltown has contributed \$100 to the DQ Bicycle Safety Program sponsored by the Marshalltown Police Department, both Marshalltown Dairy Queen locations, and the Iowa Valley Bicycle Club. IVBC appreciates Lennox and the cooperative efforts of everyone in making Marshalltown a better place to live.



Cycling Tip of the Month

How many times have we heard the advice of start early and build your conditioning at a slow, steady pace. A great time and place to accomplish that goal is now and the place is the Community Y. Not just with spinning classes but with total body conditioning classes. It will pay you back big time this summer and the Community Y is the best buy in town.

Iowa Valley Bicycle Club
P.O. Box 927
Marshalltown, Iowa 50158



CHANGE OF MEETING DATE: The monthly meeting is Dec. 8th at 7:00 at the Fisher Community Center. RAGBRAI meeting 6:30 p.m. Everyone interested in bicycling is welcome to attend.

Check our web site <http://marshalltownbikeclub.com>

Check out our Facebook page: <http://www.facebook.com/IowaValleyBicycleClub?ref=ts>