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ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

RAGBRAI NEWS

Information letter and reference tip sheet are on our web site. Go to <http://marshalltownbikeclub.com/ragbrai.html> to learn everything you need to know about training, packing, and loading the bus. The semi loading and departure schedule is on the next page of this newsletter.

Bicycle Friendly Communities

Now that Cedar Falls has become a "Bicycle Friendly Community," Cedar Rapids and Des Moines have adopted plans to become "Bicycle Friendly Communities" also. Iowa City was at one time a Bicycle Friendly Community and is working to regain that status. A community must make application to the League of American Bicyclists and have their plan receive an award before becoming a "Bicycle Friendly Community." Is it in the future plans for Marshalltown?

John Eich Retires

Iowa Valley Bicycle Club would like to congratulate John Eich on his recent retirement. We want John to know we are all here to help John make the adjustment.



Tip of the Month

We are into the peak of the biking season and the peak of heat as well. How many times do you hear, drink, drink, drink? Some individuals do a good job of remaining hydrated while other do not drink enough. Drink a glass of water before you head out the door and monitor your intake of liquid. How long did you ride and how much did you drink? How did you feel after the ride? How long did it take you to recover? Some people can take the heat better than others. Know yourself. Try to drink every 15 minutes. When you complete the ride, drink a 16 oz. glass of water. It will speed up your recovery. With regards to sports drinks, find a drink that your stomach can handle. Here again, we all have different stomachs, so find a drink you like and can tolerate, which means you will drink more often. You really need to experiment.

TidBits

•**Wish I Would Have Thought of That** As I was reading the Quad Cities Bicycle Club newsletter, "Pedalwheeling, I noticed an article seeking ride leaders for "All Women" rides. Interesting.

•**Maps** Check out the 2009 Iowa Transportation Map for Bicyclists. They are great and you are going to love the new map.

•**We Need To Hear From You** Change does not just happen without action by a person or group of people. If you would like to see change, call the person of authority and advocate change. If you want change by IVBC, call a board member, if you want change in Linn Creek Recreational Trail, call the Park and Recreation Department. With the current growth in biking and walking, now is the time to become an advocate. You can make a difference and feel good about your effort.

IVBC RAGBRAI XXXVII Bus & Semi-Truck Loading & Departure Schedule

Departure - Saturday, July 18, Marshalltown Community College south parking lot - 3700 S. Center St. (Hwy 14 - 1/4 mile south of US Hwy 30). Week long parking during RAGBRAI is permitted.

6:30 a.m.	Begin loading (you are responsible for removing your bike pedals - pedal wrenches and people to help will be available). You can tape the pedals to your bike or carry them with you on the bus. Just don't lose them, because you are probably going to need them later :)
6:30 - 7:00 a.m.	Report to registration desk to check in and pick up RAGBRAI charter packet
7:45 a.m.	Board buses and conduct final head count
8:00 a.m.	Depart for RAGBRAI XXXVI starting town - Council Bluffs. Bring snacks and something to drink - pop will be available for purchase on the bus. One potty stop is planned.
11:30 a.m.	Arrival in Council Bluffs - de-bus and remove luggage and place it off to the side near the bus. Upon arrival of the semi-truck please help to quickly unload the bikes. Don't worry about waiting for your bike, just take them as they are handed off the truck, take them a short distance away from the truck, and lay them down, derailleur side up.
5:00 p.m.	IVBC Charter (Team Tom) Cheese and Cracker Social in camp. Meet your fellow IVBC RAGBRAIers and have a little fun - Drawing for door prizes.

Departure from Burlington - Saturday, July 25

Before 1:00 p.m.	After finishing the ride in Burlington and wheel-dipping, find IVBC charter buses and trucks. Friday night we will have detailed information on where we will be located. Remove your pedals from your bike and hand it up to the helpers loading the truck.
1:45 p.m.	Start boarding buses and taking head count
2:00 p.m.	The buses and semi will depart promptly
5:00-5:30 p.m.	Arrival back in Marshalltown



Grimes Farm- S75 Connecting Trail

The Grimes Farm-S75 Connecting Trail did receive a \$5,000 grant from the Marshall County Foundation. Progress is being made, and we will see the trail happen. We hope Melbourne is making plans for the influx of bicyclists when the trail connection is completed.

Bike Lanes Downtown

The bike lanes on Main Street will be painted when the Iowa Department of Transportation gets the problem with their paint solved. It will happen, just not in May or June or even July.

Bike Rodeos

IVBC would like to thank all those individuals who volunteered for the city bike rodeos. If just one child's life is saved from our efforts and helmets donated by IVBC, it is all worth it.

Marshalltown Skateboard Park

Marshalltown Park and Recreation Department is working to design and build a skateboard park west of the Linn Creek bridge on 6th street. The skateboard park will be centrally located and can be accessed by using the Linn Creek Recreational Trail.

Iowa Bicycle Safety Bill

The Iowa Bicycle Coalition continues to work on a bicycle safety and a bicycle safety bill. It now has the support of Governor Culver. Although the Iowa Valley Bicycle Club belongs to the Iowa Bicycle Coalition, you can support the work of the Coalition by joining the Coalition as an individual member. Simply go online to the Coalition's web site and download an application.

<http://www.iowabicyclecoalition.org/>

The second thing we can do to gain support for a bicycle safety bill is to obey the law as cyclists; that means stopping at all stop signs, (putting that foot on the payment at a stop sign when cars are at the same intersection.)

4th Wednesday Rides

These Wednesday night rides have not been heavily attended this year. What can we do next year to pick up more riders? It's a fun social time and not fast or long distance riding. The idea is to have fun and enjoy being together. We always end up at an ice cream stop or to have supper. The last ride this year will be August 26th. Meet at the Y Cultural Center parking lot at 5:30.

NOTE: The editor of the newsletter is on "holiday" and will not be sending out an August newsletter--unless he changes his mind.



Be safe--Ride Smart

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.

Iowa Valley Bicycle Club
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IVBC July-Sept. Calendar

Date	Time	Event	Place
Jul 11,	7:00 AM	RAGBRAI Training ride--approximately 70 mi.	Cultural Center Marshalltown
Jul 18-25	Leave 8:00 am	RAGBRAI XXXVII	Across the state of Iowa
Aug 12	7:00 AM	IVBC monthly meeting	Fisher Community Center
Aug 26	5:30 PM	Last Summer Wednesday Social Ride	Cultural Center Marshalltown
Aug 29		MS 150 (more info later) We will camp at Riverview to guard the bikes for the MS 150 riders from out of town	
Sep 12		Dan Ring Memorial Century Ride (info later)	
Sep 18-20		IVBC Eldora Pine Lake Campout and ride (information later)	Marshalltown to Eldora