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ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB



RAGBRAI Report

Well, things are hopping in the RAGBRAI department. We're coming down to the wire. Trucks and buses are reserved, drivers selected, camping areas are being scoped out, showers and coolers cleaned, cell phone charging station improved, etc, etc. A flurry of activity preparing for our charter riders' arrival on July 24. At 110 riders, our charter is completely full. If you are one of our RAGBRAI riders you will be receiving more detailed instructions from me later this week. I'm excited and looking forward to another great bicycle ride across Iowa.

IVBC members who are not participating in RAGBRAI this year, we need your help: First is loading the Ryder truck with bike boxes and other gear Friday night 6:00 p.m., July 23 @ our storage shed (contact [Dana](#) or Terry Briggs if you don't know where that is). Second we need help with loading bikes into the semi truck Saturday morning, 6:30 a.m. at the Marshalltown Community College parking lot. Your help will be greatly appreciated, and it's fun to meet the RAGBRAI riders and see them off! --Dana



DQ Bicycle Safety Award

Program Contributing \$667 per year and place 127 helmets on young people, one would expect to see a lot of young people wearing a helmet while riding their bicycle, however, such is not the case. The responsibility of wearing a bike helmet rests with several groups of people; parents, students, adult cyclists (by setting an example), Marshalltown Community School District, Marshalltown Police Department, and the Iowa Valley Bicycle Club. How many times have we hear the line, "It takes an entire village to raise a child."

Both Dairy Queens of Marshalltown (South Center Street and North 3rd Avenue) are working with the Marshalltown Police Department to encourage young people to practice safety procedures while riding their bicycle, which includes wearing a helmet. When the a police officer witnesses a young person using good safety procedures, they will be given a coupon for a free Jr. Blizzard. IVBC will contribute \$1.00 towards the expense of the Jr. Blizzard. IVBC is appreciative of the opportunity to work with both Dairy Queens of Marshalltown and the Marshalltown Police Department.



Helmet Program

IVBC records show that we have participated in the Bicycle Rodeo Program since 2000. From 2000 to 2004, the program was part of the All Star Program which was a part of the Marshalltown Community School District. During that time, IVBC contributed \$2,750.00. We do not have a record as to the number of helmets given away at that time.

In 2005, the All Star Grant was no longer funded, and the Marshalltown Police Department administrated the Elementary Bike Rodeo Program. From 2005 to 2010, IVBC has contributed \$4,697.70 and given away 766 helmets which includes 40 helmets to MICA for their safety program for young children. An average of 127.66 helmets were given away each year at an average cost of \$667.06.

In eleven years, IVBC has contributed \$7,447.70 and with an average of 127.66 helmets per year, (plus the 40 helmets for MICA) we have placed 1,444 helmets on Marshalltown school children.

Saylorville campout

The annual bike club campout at Saylorville was held on June 4th & 5th. Twenty-two people and 5 dogs took advantage of the camping. A couple of club members, the Tom Lewis family and Pat & Gabrielle Coughlin, got started early by going down on Thursday to camp.

Two riders, John Eich and me, decided to ride their bikes to Saylorville since the rain had stopped. I wanted to ride a century so I started at 6:00am. I met John at around 7:30. We stayed around town until 9:00 so that we could check the Cultural Center where anyone who wanted to ride was supposed to meet. Since no one else was there, we left for Saylorville. I appreciated John staying with me for the entire ride since our riding speed is nowhere near the same. John rode about 80 miles and I rode a century. We arrived at Saylorville about 6:00pm.

Friday night consisted of a campfire, smore making and a water gun fight between Blake, Ann and Dana Bresler's 4 year-old grandson, and anyone who didn't move. Campers stayed up until 11:00 talking and enjoying the campfire which had copper pieces added to it which makes the fire much more colorful.

Saturday morning dawned with a lot of rain. The Dam-to-Dam run was scheduled for that morning. David Kurth and Blake's mother, Sarah, were going to run the 20K. I took David to the race, then came back and got on my bike to watch the beginning of the race and then returned to the campground to get the car. John Eich, Bret Katzer and I drove to the end of the dam-to-dam race to watch the runners finish. We met up with David's family and watched David finish the race. His time was 1 hr and 54 minutes. Bret, John and I went to the Farmer's Market for a breakfast burrito.

After Carsen played soccer on Saturday afternoon, David, Ann, Carsen and Megan Kurth came back to the campground to take part in the Saturday night potluck. A torrential downpour stopped just in time for the potluck to begin but it was very windy making eating difficult. Campers again enjoyed a campfire with copper pieces and smores in front of Tom Lewis' camper. Tom and his family had to leave and Blake left with his mother but Ginger Eich came down for the potluck.

On Sunday morning Dave and Sherry Kubalsky and Pat Lynott went for a bike ride. Dana Bresler rode the Ankeny to Slater bike trail. The Saylorville bike trail is partly closed for resurfacing and widening but should be in good shape next year.

The twenty-two people who enjoyed the Saylorville campout were Burt & Bev Clover, Pat Lynott, Dana & Ann Bresler and grandson, Blake, Pat & Gabrielle Coughlin, Dave & Sherry Kubalsky, Tom Lewis and family, Bret Katzer, John & Ginger Eich, and Tom, Sara, David, Ann, Carsen & Megan Kurth. The five dogs were Loki Bresler, Frisco, Frankie and Francie Coughlin and Sadie Kurth.

There might be a fall campout possibly at Pine Lake with the date to be determined later. Maybe a club member might have a suggestion of somewhere else to go.--Tom Kurth

For a few additional pics, go to our web gallery where people can view and add their own photos. <http://gallery.me.com/crsmith3/100078>

The user name is:
bwwmmallo2010
and the password is:
biking



July Ride Schedule

Saturday, July 3

Class I Ride: John Eich 7:30 AM

Class II Ride: Kris McKibben 7:30 AM

Sunday, July 4: John Eich---TBA

Tuesday, July 6: Social Ride--meet at Y Cultural Center 6:30 PM-7:30

Saturday, July 10

Class I Ride: John Eich 7:30 AM

Class II Ride: Tom Kurth 7:30 AM

Sunday, July 11: Family in-town ride--Y Cultural Center 2:00 AM

Tuesday July 13: Social Ride--meet at Y Cultural Center 6:30 PM-7:30

Saturday, July 17

Class I Ride: John Eich IVBC RAGBRAI Trainer--- TBA

Class II Ride: Tom Kurth 7:30 AM

Sunday, July 18: Family in-town ride--Y Cultural Center 2:00 AM

Tuesday, July 20: Social Ride--meet at Y Cultural Center 6:30 PM-7:30

Saturday, July 24

Class I Ride: *Non-RAGBRAI Ride 7:30 AM

Class II Ride: Pat Lynott 7:30 AM

Sunday, July 25: Family in-town ride--Y Cultural Center 2:00 AM

Tuesday, July 27: Social Ride--meet at Y Cultural Center 6:30 PM-7:30

Saturday, July 31

Class I Ride: *Non-RAGBRAI Ride 7:30 AM

Class II Ride: Ann Miller 7:30 AM



*Note: Individuals not riding RAGBRAI and want a Saturday Ride may meet at the Y Cultural Center at 7:30 AM and determine a group route.

CHART YOUR MILEAGE

The following web site may give you a new incentive to keep track of your biking miles. Check out the following web site: www.dailymile.com.



The second wave of bicycle parking is installed in the downtown area. The project has been a great cooperative project between the Marshalltown Central Business District and the Iowa Valley Bicycle Club. A special "Thank You" to Tom Kurth (and his crew) for his coordination and hard work in making this project a success.

Newsletter Distribution

IVBC will only distribute a newsletter to all 2010 members and individuals and organizations who are working to make Marshalltown a pedestrian and bicycle friendly community. Thank you for your understanding.

MS 150

Iowa Valley Bicycle Club will be helping with the bike security for the MS 150 on Saturday, August 28 and Sunday, August 29. It looks to be the same as last year, so if you want to help and enjoy an evening of visiting with IVBC members, mark August 28 on your calendar.

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. Everyone interested in bicycling is welcome to attend.

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

Rides for July are listed under the "events" tab.