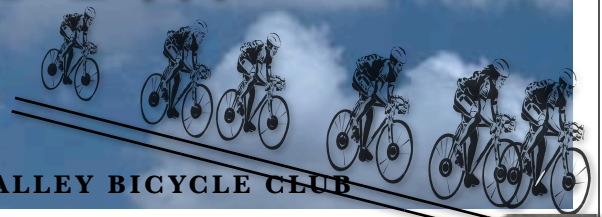


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# ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

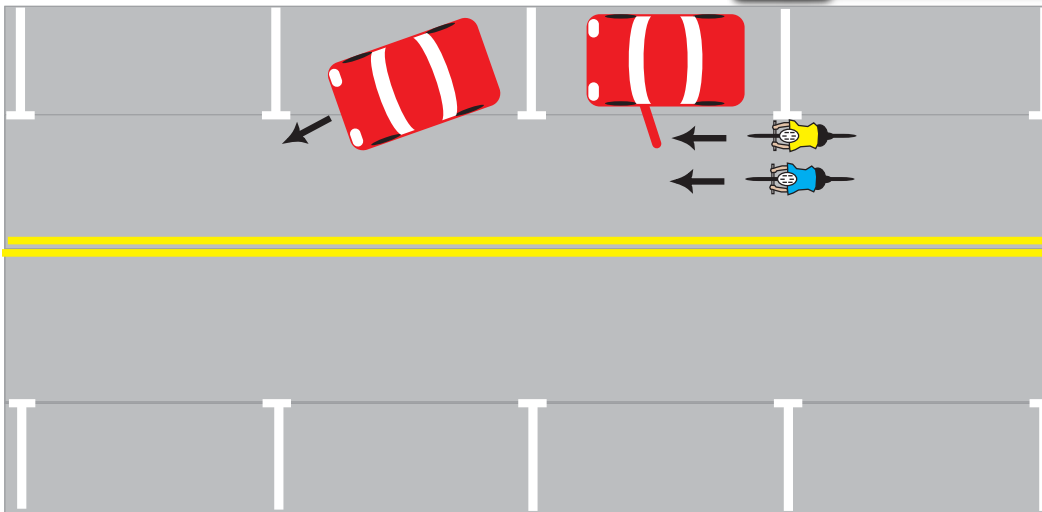
## High Trestle Bridge Trail

If you have not ridden the High Trestle Bridge, put it on your to-do list. The picture to the right will peak your interest. Select a pleasant day, and head down to do the Trail and the bridge.



## Rogers Elementary University

During a special summer school program held at Rogers Elementary School, Tom Kurth, Rita Smith and Charles Smith taught three different classes for four days on Bicycle Safety. The program was much like the Y Day Camp Program.



Study the above street graphic and determine the bicyclists best course of action. What do we, as motorists and bicyclists, need to do to prevent accidents?

## Marshmallo Shirts:

We still have a few Marshmallo shirts for sale for five dollars. They would make great Christmas gifts. It is never too early to start shopping and these shirts will not last forever. Contact Kathy Briggs for great deals. They will also be sold at the RAGBRAI loading site--as well as jerseys.

**Quote of the Month:** Quote: A bicycle does get you there and more.... And there is always the thin edge of danger to keep you alert and comfortably apprehensive. Dogs become dogs again and snap at your raincoat; potholes become personal. And getting there is all the fun. ~Bill Emerson, "On Bicycling," Saturday Evening Post, 29 July 1967

## Iowa Valley Bicycle Club Saylorville Campout Report--by Tom Kurth

There was a good turnout for the Saylorville campout again this year and a good time full of a number of stories was had by all the campers. To begin the weekend, some of the club members took their campers down on Thursday because they intended to ride to Saylorville on Friday. That turned out to be a big mistake. Four bikers, John Eich, Dana Bresler, Tom Lewis, & myself, started toward Saylorville at 9:00am on Friday from the Cultural Center. Unfortunately, the weather did not cooperate with the riders. The temperature was above 90 degrees and there was a headwind from the southwest that gusted from 25 to 30 mph. Out of the four riders who started the ride, one, Tom Lewis "the man", rode the entire distance of 65 miles. The day turned out to be a big adventure with Pat Lynott as the savior of the day. He may relate his story in another newsletter.

The club members spent two nights at the Prairie Flower campground. There were 7 campers and 1 tent. Also Tom & Jill Eaton and their grandchild came over from another campground to visit and saved the day by providing chalk for a game of four-square. On Friday night we had 2 visiting families with 5 kids between them playing an intense game of four-square, with chalk provided by the Eatons, in the parking lot. We cooked hotdogs over a campfire and then everyone joined the campfire group to have s'mores.

Saturday morning was the annual Dam to Dam Run, a 12.5 mile run with 8000+ runners, that started at 7:00am. My son, David, and his best friend, Chuck, took part in the Dam to Dam. Several of the bike club members rode the 5 miles to the starting line to watch the runners come to the finish line and then went on to the Farmers' Market. Others loafed around the campground waiting for the potluck, but one biker, Pat Lynott, rode to the High Trestle Bridge by way of the bike trail. Of course, the potluck provided plenty of different choices in food. After the potluck, everyone sat around the campfire and watched for the different colors caused by the addition of my famous ingredient(copper).

Sunday morning everyone ate breakfast, drank coffee and packed up their campers in preparation for heading home. No one rode back to Marshalltown from Saylorville this year as some have done in the past.

Pat Lynott and I decided to stay around on Sunday and ride to Des Moines on the bike trail. We rode to the Spaghetti Works on Court Avenue and ate lunch. We also rode around Gray's Lake and rode across the Des Moines River bridge which was very nice. Pat had another flat tire. He had a flat on Saturday on his way to the High Trestle Bridge. We traveled a total of 45 miles and did not leave the campground until 5:00pm. Checkout time was 3:00pm but the lady at the gate would not take any money for us checking out late.

Overall it was a great weekend enjoyed by 20 adults, 5 kids and 6 dogs. If you did not come this time, maybe you would be able to join us next spring. The club is also considering a fall campout in Cedar Falls. Last year's fall campout did not work out well because of the weather. Only 1 camper, Dave & Sherry Kubalsky, went to the fall campout. Maybe this year will be better. Check out this video: <http://www.facebook.com/video/video.php?v=1939255655353&oid=124095994303504>



**RAGBRAI**--The countdown has begun; be sure to log those miles so you will be in shape. **2+ weeks to go...**



**Y Day Camp Bike Safety Classes**

A special "Thank You" goes out to Tom Kurth, Rita Smith and Mason Smith for helping Charlie Smith with the Y Day Camp Safety classes, held from June 20th to 24th. Approximately sixty elementary students received the basics of bicycle safety.

**\*Note**

Please note the absence of ride leaders. Please be aware that there will be a ride, and a club member will help determine the route for the day. The responsibility of the ride leader is to help reach consensus on the route. Dana Bresler has agreed to announce central Iowa organized rides. All local rides will begin in the parking lot of the Community Y Cultural Center.

**\* Note:** Those individuals who want to do an "out of town" sponsored ride by another club may want to contact John Eich or Dana Bresler and ask of the possibility of an organized car pool.

**RAGBRAI Report** by Dana Bresler

At this writing it is about a month from our departure for RAGBRAI XXXIX on July 23. All plans are progressing normally, and we will be ready to go with our normal vehicles, equipment, supplies, and drivers - two 55 passenger tour buses, a 52' semi-trailer truck, and a 24' Ryder rental.

Our charter is once again full this year with 110 riders - the capacity of the two tour buses. There are other riders that join us on route.

A call for help - please mark your calendar. We need assistance loading and preparing the Ryder truck on Friday night, July 22. It takes about an hour. If you can help meet at our rental storage unit at 6:00 pm. Our storage unit is #57, located at V & V Storage Units on Washington St. We also need help Saturday morning, loading bikes into the semi and helping riders remove their pedals. If you can help come to the MCC parking lot at 6:30 am. Our members have always been very helpful with these chores, and we really appreciate your help.

In the next week or so, I will prepare a detailed report for all IVBC RAGBRAI Charter riders. Included in this report will be our famous "Tips Sheet", a roster of our riders, loading schedule, and a description of the day-to-day operation of our charter.

I'm looking forward to another great RAGBRAI! Dana Bresler



**Ride Schedule for July**

July	Ride Leader	Start Time
Saturday, July 2		
Class I Ride:	Route will be determined by riders	7:30 AM
Class II Ride:		7:30 AM
Saturday, July 9		
Class I Ride:		7:30 AM
Class II Ride:		7:30 AM
Saturday, July 16		
Class I Ride:	RAGBRAI Trainer	7:30 AM
Class II Ride:		7:30 AM
Saturday, July 23		
Class I Ride:		7:30 AM
Class II Ride:		7:30 AM
	(RAGBRAI)	
Saturday, July 30		
Class I Ride:		7:30 AM
Class II Ride:		7:30 AM
	(RAGBRAI)	

# Tips for RAGBRAI

There are many ways to do things, but this information was condensed from several experienced riders to help first time riders and others. Specific questions or concerns can be directed to any of the following committee members: Dana Bresler (ticket coordinator) 641-485-4804, Tom Kurth (Committee Member) 641-752-1148, John Eich 641-752-3991.

RAGBRAI is a bicycle ride – it's NOT a race. All participants do so at their own risk. We are guests in the host communities and we ask our riders to behave as such. The IVBC is responsible for the conduct of all minors (no underage drinking) and for the behavior of our members on the road, in the communities, and in the campgrounds. We have our own camp rules: quiet time is after 10:00 p.m. (if you want to socialize later than that please do it up town). A bag for trash and a box for recycle cans will be available in the truck. Our charter is not allowed to sell pop and sport drinks during the ride without purchasing a vendor's licenses in every over-night town, which is economically prohibitive. However, as a service of our charter we will still have iced pop and sport drinks available in camp every day. If one wishes to use this service, we are asking them to pay a one time fee of \$10 at check-in.

The baggage truck will leave at 7:00 a.m. each day. You are responsible for loading your gear on the truck. If you leave early and the truck is not open yet, just leave your bags, on the ground, at the back of the truck. We cannot use the baggage truck as a SAG vehicle. If you abandon the ride, you must provide and arrange your own transportation home. Make sure you notify one of the drivers or a committee member you are leaving, as we try to keep tabs on all of our riders in case of emergency or messages.

Maps of the next day's town and the locations of the campgrounds will be posted in the truck each evening. Be alert to changes in the route, campgrounds, etc. If you can't find our campground or it has been changed, go to the Main Information Board. Each day our driver will post a Bike Club Logo showing our location. If you are new to RAGBRAI, walk around in town the first night and check out the setup of the booths, shops, and Main Information Board.

Departure will be Sat. July 23 at 8:00 a.m. from the south parking lot, Marshalltown Community College. Vehicles can be left in the lot for the week at your own risk. There are several eating establishments where you can get breakfast near the intersection of Hwy 30 and Center Street (State Hwy 14). Loading of the semi with bikes will begin at 6:30 a.m. Pedals must be removed from your bike prior to loading. Pedal wrenches will be available if you do not have one and there will be people there to help you get them off. Your RAGBRAI information tags, including wrist band, baggage tag, and bike band will be given to you on Sat. morning (if you signed up to get your credentials thru IVBC). The wristband is to be worn on your wrist. Do not trade your bands with anyone as your number has been assigned to you on the Register's computer. If you become involved in an accident while on the ride, you will be entitled to services (more about this later). If you can't come on RAGBRAI Please inform Dana Bresler, the ticket coordinator. Every attempt will be made to resell your ticket, but it must be done through us. You should not send someone in your place or sell your ticket yourself!

We anticipate arriving in Glenwood around 11:30 a.m. Everyone please help unload the bikes as soon as we arrive, so our semi can leave. With the arrival of 8000 or so people throughout the afternoon, there is a lot of confusion and frustration that we avoid by arriving a little early. We also improve our chances of getting a good campsite. We will be having a cheese & cracker reception from 5:00 to 6:30 p.m. It will allow our members and out-of-staters to get to meet one another. There are about 110 people in our group; so you will be able to say "hi" on the road! If you purchased a souvenir pack, it will be sent to your home after the ride.

The complete week of daily route maps, with mileage between pass-through towns and other information, will be available at campground Information Centers. The bicycle route will be

marked each day with red arrows and patrolled by emergency medical crews, repair van, Iowa State Patrol and RAGBRAI personnel. Food and drink will be available in bountiful amounts in the campgrounds, in churches and restaurants, and along the route. Be sure to bring along enough money (at least \$250–\$350) to cover your meals and beverages for the week. If you run out of cash, ATM machines are available in towns along the route. Bicycle repair will be available along the route and in the campgrounds. Be sure to have a safety check done on your bicycle before you arrive! Sag wagons patrol the route to pick up riders who break down physically or mechanically. Note: you may ride the wagon for a long time before you get in. It goes until it gets full before dropping you off in the next overnight town.

The Iowa State Patrol and local authorities direct traffic at intersections to ensure the safest ride possible. Be courteous to motorists and other riders. Wear a helmet, ride predictably, **SOUND OFF** when passing another rider, **DON'T STOP ON THE ROADWAY**, and please **KEEP TO THE RIGHT** if you are traveling more slowly than others! Most importantly, follow the **RIDE RIGHT** rules! 6:00 a.m. is the official RAGBRAI sunrise when you may begin riding. Support services are available between 6 a.m. and 6 p.m.

Weather in late July is typically hot and humid with highs in the 80's and 90's. However, it is not uncommon for temps to dip into the 50's in the evening. You may want a sweatshirt or a light jacket for the evenings. Rain is a very real possibility. A rain poncho or a garbage bag with holes for neck and arms works well. Some people feel you get just as wet with or without protection. Do what works for you.

**EQUIPMENT:** Helmet, gloves, mirror, bike bag, water bottles, tire pump, spare tube, tire levers, small repair kit, and bicycle lock.

**CAMPING:** Tent, ground cloth, duffel bag (limit 2 soft sided bags – 40 lb. each), sleeping bag, pillow, sleeping pad, rope, stakes, solar shower bag, and flashlight.

**TOILETRIES:** Towel, washcloth, toothbrush, toothpaste, lotion, shampoo, soap, razor comb/brush, hair ties/barrettes, deodorant, mirror, and toilet tissue. Forget hairsprays and gels as they melt with perspiration and get into your eyes. It burns!!

**CLOTHES:** T-shirts, shorts, a jacket, pants, underwear, socks, good walking shoes, thongs (we're talking about flip-flop shower shoes here), sleepwear, swimsuit, sweatband/bandannas. Pack everything in Ziploc bags for rain protection. A day's outfit (shorts, jersey, sox, headband, etc) for each bag works nice. Just grab a bag and you will have all the clothes for that day. Put your dirty clothes in an empty bag and seal; no smelly clothes to stink up the whole bag.

**FIRST AID:** Aspirin, ibuprofen, adhesive bandages, lip balm with sunscreen, sun block SPF 10 or greater, insect repellent, any special medicines, Pepto-Bismol, lomotil (anti-diarrhea prescription), and antihistamines. Sore butt stuff Ideas– A&D ointment, Gold Bond Powder, udder balm, and medicated Vaseline to name a few. Nothing works like adequate preparation though!

**MISCELLANEOUS:** Safety pins, alarm clock or watch, spare glasses, scouting knife, camera, film, earplugs, ID, money, traveler's checks, credit cards, medical insurance card, journal, pen, pencil, stamps, address book, small rope, few clothes pins, small bottle of hand sanitizer, Kleenex. There are no electrical outlets available for hair dryers, curling irons, etc.

#### TIPS FROM EXPERIENCED RIDERS

Train at least 500–1000 miles. Get your bike tuned up/lubed, carry a spare tube, and it's best to know how to change a flat, although there are always people willing to help out on the route. Check the air pressure in your tires before leaving every morning. The club has tire pumps available on the truck.

Tire pump end connections and how they operate vary tremendously. If you are not familiar with the types we have please ask for assistance. It's not uncommon at all (happens every year) that a rider pulls the stem out of the tube because they forget or don't know how to properly release the connector. Ride **PREDICTABLY** and **DEFENSIVELY**! It's important that you go watch the Ride Right video at the RAGBRAI Headquarters Saturday afternoon. It's a nice break because the video is always shown in an air conditioned hall. You will learn about sounding off when passing and the proper way to get on and off the road. This is very important!

You have all day to ride; stop and enjoy the Iowa hospitality. It's easy to get caught up in the excitement—especially the first day. Pace yourself; you have 7 days to ride. Walking around in the evenings helps loosen the legs up. Drink plenty of water; a bottle of water every hour is a good rule of thumb. Drink before you are thirsty.

(For additional points, check our website for the complete "instructions")

Enjoy yourself!!!

**Iowa Valley Bicycle Club**

P.O. Box 927

Marshalltown, Iowa 50158

MEETING DATE: The next monthly meeting is July 13th at 7:00 at the Fisher Community Center. The RAGBRAI planning meeting is at 6:30 p.m. Everyone interested in bicycling is welcome to attend.

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

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