

J U N E 2 0 0 9

# ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

## From VeloNews, June 2009 by Zack Vestal

"Cycling is one of the few athletic activities in life that can serve multiple purposes. Riding is a competitive outlet for racers, a recreational escape for enthusiasts, and a fitness builder for everyone.

But Cycling can also be an effective mode of transportation. Besides improving fitness and mental health, riding to work can also save you money. With the right gear you can easily make a transition from behind the wheel, to spinning on two wheels." (submitted by Dana Bresler)

## *Tip of the Month*

This "Tip of the Month" is not about riding a bicycle but about being knowledgeable about biking issues in our state. Knowing where the politicians stand on biking issues can make a major difference in our safety. Go to the Iowa Bicycle Coalition web site and in the lower right hand corner, click on newsletter, and read. It may change the way you vote. <http://www.iowabicyclecoalition.org/>

## Marshmallo

Seventy-four individuals participated in the 2009 Marshmallo Ride. Eighteen riders started the century ride at 7:00 AM and 16 finished the century. All seventy-four riders can now attest to the fact that Iowa is a great state for wind energy, at least we did not have rain. Check the web site <http://gallery.me.com/crsmith3/100068> for more pictures of the ride (Name=marshmallo, and Password=2009). Riders came from as far as Atlantic and Dubuque, and we feel a special honor to have participants from several cities across the state.

We want to thank all those who worked so hard to make Marshmallo a successful event. Also, a special "thank you" to Von Ketelsen from Fort Dodge for providing us with entertainment after the ride. Next year Marshmallo will be twenty-five years old, which will call for a special celebration.



Century riders (above) and some of the other riders who started at 9:00.

## Getting up the Hill.....

Getting up a steep hill can be a real challenge for most of us. We start at the bottom, knowing we are facing a challenge, but we are optimistic as we think of the sense of accomplishment we will feel once we crest the top. At about one half to two thirds of the way up we begin to feel the pain and just want the climb to be over, especially since we have run out of gears.

Sometimes it helps to look in the mirror, to see how far we have come, and to look around at the other people facing the same challenge. This gives us solitude, knowing a lot of cyclists are in this together. Looking around, we see Mark Wyatt of the Iowa Bicycle Coalition, Iowa State Representatives Mark Smith of Marshalltown, and Bob Kressig of Cedar Falls, Iowa Speaker of the House, Pat Murphy, Iowa Senators McCoy, Bolckcom, and Dotzler. Also, we see the League of American Bicyclists ranked Iowa as the 6th most bicycle friendly state in the Union.

Sure, we will make it to the top this hill, we will someday have a bicycle safety bill, and it will be a sweet ride down the back side!

## Cyclist Injured on Trail

On Thursday, May 7, Rick Glessner had a bike accident while riding on the Linn Creek Recreational Trail west of the Campbell Drive trail head. On Friday, Rick was taken to the University of Iowa Hospital where surgery was performed to repair a broken femur and hip. Rick is to have no weight bearing on the leg for 2 to 3 months and cannot go back to work for 4 months.

A yard crew has been organized by Dana Bresler and Charlie Smith and if you are interested in being a crew member, let Dana or Charlie know. Rick and his wife Carrie live at 3405 Merritt Road, or you can reach Rick at 641-752-5216.

## Bike Rack Installation Crew and Supervisor

Five members of Imagine 2011 and three members of the Iowa Valley Bicycle Club install bike parking in the downtown area as part of the Central Business District's project to make Marshalltown bicycle friendly.



## 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.

## **EDITORIAL** by Charles E. Smith

The League of American Bicyclists has awarded the City of Cedar Falls a Bronze Award for their effort to become a Bicycle Friendly Community. One can find a copy of the plan on the Iowa Bicycle Coalition web site. The Plan is well developed, well written, and demonstrates diverse community involvement, the first indicator of a Bicycle Friendly Community. Examining the Bike Task Force Membership in the Cedar Falls Plan offers direction the Iowa Valley Bicycle Club should follow. Marshalltown will become a Bicycle Friendly Community much sooner if the Iowa Valley Bicycle Club will focus on **convincing the community** that Marshalltown is a bicycle friendly community. The community knows the Iowa Valley Bicycle Club is bicycle friendly. When we focus on the community rather than the club, then we will grow as a community--a bicycle friendly community. We are citizens of Marshalltown first, and secondly, we are members of a bike club.

### **Bike to Work Week**

At the current time, we do not know the success of Bike to Work Week in Marshalltown, although it is believed we had a number of individuals who participated in the activity. With rain, wind, and cold on Wednesday, May 13, our reception was less than we had desired. It was felt by the planners that next year, we need more and earlier avenues of communication, with more details. We are in the learning mode.

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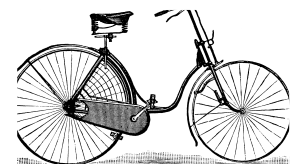
### **Saylorville Campout**

The Saylorville campout the weekend of May 30th was a great success. On Friday, nine cyclists rode from Marshalltown to Ames for lunch, where the Pat & Gabrielle Coughlin joined us for the ride from Ames to the campsite. What a sweet ride--north-northeast tail wind all the way; weather was great for May. More IVBC campers joined us Friday night, and the campsite was nearly full Friday and Saturday (25 individuals).

### **History of the Bicycle**

In 1879, Henry Lawson invented the rear-chain-drive bicycle, which was called "bicyclette." It had a large front wheel and a small rear wheel.

Detractors called it "The Crocodile", and it failed in the market. His nephew, John Kemp Starley produced the first "safety bicycle," the "Rover", in 1885. He was an English inventor who is widely considered to be the inventor of the modern bicycle. The bike had a steerable front wheel, equally sized wheels and a chain drive to the rear wheel. It was an immediate success and was exported across the world.



A safety bicycle from 1889.

### **4th Wednesday Rides**

The first 4th Wednesday Ride occurred on May 27th at 5:30 at the Cultural Center. The group did a riding tour of the beautiful sites of the city and dined at El Portal. Two Wednesday night rides per month may be necessary as to accommodate the large group. Let us know what you would prefer.

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

### IVBC June - July Calendar

Date	Time	Event	Place
Jun 10	6:30 pm 7:00 pm	RAGBRAI Meeting Regular Monthly Club Meeting	Fisher Comm Ctr
Jun 13-14	You Pick it	Tour of the Raccoon River Trail - Des Moines to Jefferson on Jun 13 - return on Jun 14. See: <a href="http://www.bikeiowa.com">www.bikeiowa.com</a> for details - also <a href="http://www.dmcycleclub.com">http://www.dmcycleclub.com</a>	Rider Determined
Jun 13	8:00 am reg 9:00 am ride	BRAMCO - Bicycle Ride Around Madison County - Winterset, IA 40 & 60 Mi rides Details: <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Winterset City Park
Jun 20	YTBD	A ride to the Rose Festival in State Center - Leader and other details later	Cultural Center Marshalltown
Jun 27	8:00 am reg 9:00 am ride	Best Dam Bike Ride - 30 & 50 Mi rides <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Wagner Park Ankeny, IA
Jun 27	9:00 am	Bar B Que Blast Ride - a Saturday morning ride ending at the Iowa State Bar B Que Championship at River View Park - Leader and other details later	Cultural Center Marshalltown
Jul 4	YTBD	4th of July Ride	YTBD
Jul 11	7:00 am	RAGBRAI Trainer - 70 Mi Ride	Cultural Center Marshalltown
Jul 18-25		RAGBRAI XXXVII <a href="http://www.ragbrai.com">www.ragbrai.com</a>	Across the state of Iowa