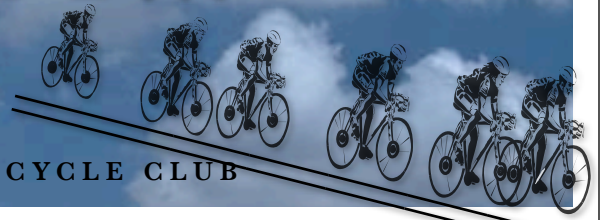


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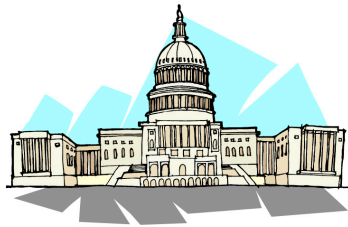
ON YOUR LEFT...

A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB



Update on SF 34/HF128

The new legislative bill to update and advance the rights of Iowa Bicyclists has made it out of the Iowa Senate Transportation Committee. The Senate version of the bill passed the Senate by a vote of 30-17, which shows good



support for the bill. Marshall County Senator Steve Soddors voted against many attempts to amend the bill but did vote for one amendment and when that particular was not included in the final bill, Senator Soddors voted against the bill. The Iowa Senate Journal did not describe the particular amendment the Senator supported. This is an area in which we as a bike club need to be more communicative. Representative Mark Smith, an author of the same bill in the Iowa House, will keep us updated.

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

Susan B. Anthony

Feminist and suffragist Susan B. Anthony said, "Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammelled womanhood."



Message from the President

Hello Friends! Just as we are getting ready to start another cycling season, we need to finish up the old. I hope that you all have your mileage in to Tom! At this month's meeting (March 11) we will have our annual Mileage Awards. The IVBC's goal is a quarter million miles for the club members! We have come close the last few years. Will this be the year that we make it? Come to the meeting and be one of the first to find out!

We will also be updated on the Trail Expansion progress. It is getting so close! This year, all Marshmallo profits will go towards the trail. Please register for Marshmallo and help to get the trail completed. We are due for a nice year as far as the weather is concerned so I am planning on a great ride! Lots of the out of towners that come really like our ride for the fact that we have an early season century. Planning is well under way. Great food is on the menu once again! Hope to see you there!

Happy Trails~-Kris

P.S. Remember the Chili Ride with our friends in Newton on March 22!

Tip of the Month

March is here, and we will soon be on the road again. Hopefully you followed my advice in the February newsletter and have strengthened the legs. Doing so will help you to power through those few May snow drifts. The first few times out, work on keeping up your cadence. Develop muscle memory for a high cadence so you will feel uncomfortable if your cadence drops below 70 or 80. Improving your cadence is the quickest way to become a better cyclist.

MS 150

The MS 150 Ride will stay overnight in Marshalltown on Saturday, August 29, and has asked for IVBC's assistance. Both Des Moines and Cedar Rapids are working hard to increase the number of riders. We could see around 400 riders staying in Marshalltown on that Saturday night. We should all feel good about MS 150 returning to Marshalltown a second year. We welcome volunteers to help with the bike security or just to socialize all night long. The thought of sitting around a campfire and talking with friends takes me back to my younger days. Please feel free to join us, if not for all night, perhaps for a few evening hours as we "guard" the bikes.

If you would like to join in the MS 150 bike ride, you can get a registration discount by using the discount code (which is CARD) when you register.

Downtown Bike Parking

Here is an interesting note--At this time, the bike racks for downtown parking can be designed, manufactured, and painted in Marshalltown, at a very reasonable cost, all by local people. Is that a win-win situation or what?

Linn Creek Recreational Trail

The washed-out culvert on Linn Creek Recreational Trail, located west of 12th Street, will soon be repaired.

BIKE RACK FOR SALE

Graber trunk mount bike rack, model #1059, holds 3 bikes, in excellent condition. \$25. Call 641-752-4410 or 641-752-3929.

(simulated diagram)



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 Bicycle Coalition Summit

Again, the Coalition Summit was great. Not only do we get to learn about what is taking place around the nation regarding cycling, but also we get to network with other Iowan's working to improve cycling in our state.

Des Moines is working hard to become a bike friendly community. Several people from biking interest groups in Des Moines held sessions telling of their biking projects---bike cooperatives (much like bike libraries), Bike to Work Week, and working with Steve Durrant of Alta Planning & Design during the summer of 2009 to help Des Moines become bike friendly. Steve held a ninety-minute session, discussing numerous ideas for bike friendly streets. He did offer to visit Marshalltown while he is in Des Moines.

Other sessions were offered on 28E Agreements, which allowed several governmental units (cities & counties) to work on one project, Safe Routes to School, Bike to Work Week, mountain biking, the Hank Program at the University of Iowa, and a program called "I Got Caught", a program in cooperation with Wendy's Restaurant to reward young cyclists for wearing their helmets and using good riding habits.

Kris Mckibben and Charlie Smith did get to talk with Jeff Burchfeld from Iowa Falls regarding trail development in the Hardin County area. It is hoped that in the future, we will get to work with Jeff on a common interest project that could connect our two cities.

BICYCLE HISTORY-- By the early 1900's the United States had two patent offices in Washington, D. C. One office held all the patents for improvements in the bicycle and the other held all other patents. However, by 1920, the automobile was the preferred method of travel and bicycles would soon be considered children's toys. History also notes that some individuals remain children all their lives.....



IVBC RAGBRAI XXXVII Charter as of March 3, 2009

Code	Last Name	First Name	City	State	Code	Last Name	First Name	City	State
F	Anders	Eric	Overland Park	KS	F	Juel	Brian	Melbourne	IA
F	Anders	Roger	Marshalltown	IA	F	Katzer	Brett	Conrad	IA
F	Beckius	Kathy	Mankato	MN	F	Kawaler	Steven	Ames	IA
F	Beurskens	Pat	Marshalltown	IA	F	Kimball	Raymond	Bethesda	MD
F	Beurskens	Valeri	Marshalltown	IA	F	Kurth	Tom	Marshalltown	IA
F	Bosworth	Brad	Nevada	IA	F	Lafrenz	Ken	Marshalltown	IA
F	Bouranis	Scott	Claremont	NH	F	Leger	Valeri	Marshalltown	IA
F	Bresler	Dana	Marshalltown	IA	F	Leininger	Phil	Ames	IA
F	Bridges	Bradley	Rochester	MN	F	Lewis	Tom	Marshalltown	IA
F	Bridges	Thomas	Kansas City	KS	F	Loweth	Doug	Richmond Hill	ONT
F	Bridges	Rodney	Seattle	WA	F	Lyons	Ken	Marshalltown	IA
F	Briggs	Terry	Marshalltown	IA	TBX7	Malony	Leslie	Louisville	KY
F	Briggs	Kathy	Marshalltown	IA	F	McCormick	Michael	Highlands Ranch	CO
F	Buchwald	Guy	Ames	IA	F	Miller	David	Mendota Hgts	MN
BX7	Butler	Cindy	Caseyville	IL	F	Nuese	Lanny	Marshalltown	IA
F	Chedester	Gary	Gilman	IA	F	Ockenden	Bob	Plymouth	MN
F	Chedester	Jim	Laurel	IA	F	Poole	Tim	Garwin	IA
F	Clinard	Mike	Louisville	KY	F	Ritter	Douglas	Southlake	TX
F	Clinard	Penny	Louisville	KY	F	Rozelle	Craig	Grand Haven	MI
F	Clover	Burton	Marshalltown	IA	F	Sanders	Jim	Des Moines	IA
F	Clover	Beverly	Marshalltown	IA	F	Selfridge	Georgia	Seattle	WA
F	Conrad	Patrick	Escondido	CA	F	Shaw	Rick	Eldora	IA
F	Conrad	Jeremy	Sioux Falls	SD	F	Sheehy	John	Sun Prairie	WI
F	Davis	Greg	Newton	IA	F	Smith	Charlie	Marshalltown	IA
F	Dawley	John	Marshalltown	IA	F	Spikes	Steven	Leawood	KS
W	Dawley	Rosalia	Marshalltown	IA	F	Spikes	Jean	Leawood	KS
F	Dawley	Matt	Silver Lake	OH	F	Stears	Karissa	Lees Summit	MO
F	Devona	Steven	Arlington Heights	IL	F	Tangtrakul	Atakorn	Somerset	NJ
F	Devona	Chris	Arlington Hts.	IL	F	Thornton	Dave	Duluth	MN
F	Dlouhy	Julie	Newton	IA	F	Tibben	Brian	Nevada	IA
F	Dlouhy	Madison	Newton	IA	F	Weaver	Susie	Billings	MT
F	Dougherty	Irene	Marshalltown	IA	F	Zak	Kenneth	Sun Prairie	WI
F	Dougherty	Bret	Chicago	IL	C	Leonard	Andrew	Upton	MA
F	Dougherty	Kelly	New York	NW	C	Gardner III	Harry	Grand Rapids	MN
F	Eaton	Dave	State Center	IA	C	Hansen	Stan	Waterloo	IA
F	Eberline	Neil	Newton	IA	C	Weber	Carolyn	Minneapolis	MN
F	Eich	John	Marshalltown	IA	C	Groff	Don	Longmont	CO
F	Fisher	Eric	Marshalltown	IL	C	Groff	Diane	Longmont	CO
F	Gehrer	Cheryl	O'Fallon	IL	C	Mitton	Jeff	Longmont	CO
F	Glessner	Rick	Marshalltown	IA	C	Dugan	Brian	Longmont	CO
F	Gossett	Jim	Marshalltown	IA	C	Dugan	Liam	Longmont	CO
F	Hartwick	Jackie	Carmel	NJ	C	Fuzer	Scott	Deerfield	IL
F	Hartwick	Sean	Carmel	NJ	C	Logan	Jerry	Marshalltown	IA
F	Henningsen	Richard	Grundy Center	IA	BX7	Lutz	Robert	Jamestown	OH
F	Hobbs, Jr.	Leon	Claremont	NH	BX7	Mahl	Aaron	Grayslake	IL
F	Hunter	William	Louisville	KY	D	Bucklin	Bill	Marshalltown	IA
F	Hunter	Jennifer	Louisville	KY	D	McRill	Jared	Albion	IA
F	Huseboe	Gavin	Marshalltown	IA	D	Dooley	Wade	Albion	IA
F	Jennings	William	Lees Summit	MO					

Friday afternoon, February 27, I delivered waivers and a fees check to the RAGBRAI Staff in Des Moines for 84 riders. These are the riders that are getting their RAGBRAI credentials through IVBC's RAGBRAI Charter. These are guaranteed ticket, and you will receive your RAGBRAI ride packet just before we board the buses on Saturday, July 18. I want to thank everyone for getting their forms and fees in to me on-time.

There are some riders that have signed up for our charter but are getting their credentials directly from RAGBRAI. There are a couple of riders that have just signed up to camp with us. I have attached a table of all the riders on our charter thus far. We have roughly 15 spots left to fill.

As you start thinking of preparing yourself and your equipment to ride a bicycle across the state of Iowa in late July, I would like to direct you to some information that will help you get started. First of all on our website www.marshalltownbikeclub.com under the RAGBRAI tab there are two documents: 1) our "Tips List" from last year (I'll update it as soon as I get a chance) 2) an article from The Des Moines Register on how to train for RAGBRAI. Another great source of information is www.ragbrai.org.

If you have any questions, please contact me, Dana Bresler, ivbc@mchsi.com or 641-753-3114.

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

IVBC Jan - Feb 09 Calendar

Date	Time	Event	Place
Mar. 11	7:00 p.m.	IVBC Monthly meeting--Yearly Mileage Awards meeting	Fisher Community Ctr.
Mar. 22 Sunday	1:00 p.m.	Chill-i Ride in Newton http://www.bikeiowa.com/asp/calendar/calendar.asp?action=menu&eventtype=37	12:30 registration Newton
Apr 8, 2009	7:00 p.m.	IVBC Monthly meeting	Fisher Community Ctr.
Apr. 18	10:00 a.m.	Des Moines Mayor's Annual Ride for Trails	City Hall--Des Moines
May 9	7:00 & 9:00	MARSHMALLO--details later--various distances	Marshalltown--start at Y Cultural Center
May 20, 2009	7:00 p.m.	Marshalltown Ride of Silence	Cultural Center