

O C T O B E R 2 0 0 8

ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

NOTICE: Iowa Valley Bicycle Club newsletter is going "green". The newsletter will be sent via email and also posted on our website at <http://marshalltownbikeclub.com>. It's good for the environment.

Informational Message

IVBC is an active group in the community helping to promote healthy lifestyles among all ages. Members of our group are also active on community committees promoting safe routes to school and "Building a Healthier Community" as well as helping with trail development in Marshalltown and Marshall County. IVBC has worked with the city to improve the city trail system.

We support all types of cycling from trails to tours, and short rides to long rides. We are looking for additional community members who **love biking** and would like to help promote cycling in and around Marshalltown. For a family membership of \$20, you can be part of a larger non-profit group that sponsors a ride in May (MARSHMALLO), goes on two camp outs annually (often subsidized by the club), participates in RAGBRAI by taking our own motor coaches and truck, attends monthly meetings (many with guest speakers), receives free CPR training yearly, has cycling insurance through League of American Bicyclists, and contributes to trails and other local projects that promote a healthy lifestyle.

Our organization also contributes to the following:

**Community Y Partnership With Youth
Youth and Shelter Services
Iowa Natural Heritage Foundation
League of American Bicyclists**

**Red Cross
Floral basket fund
Iowa Bicycle Coalition
Iowa Trails Council**

For your membership, you are added to our email list and receive news of impending or sponsored rides and meetings, and you know that you are also working to advocate for trails and bike safety in your community. When you choose to ride with us, that's great, but when you cannot, you can still help contribute to making your community a healthier and safer place.

For more information about IVBC, go to <http://marshalltownbikeclub.com> and browse through our website to see more of what we are about. We hope you'll join us and help make Marshalltown a bicycle friendly community.

Sincerely,

Kris McKibben and Rita Smith



Bike Route Signs

Bike route signs have been purchased and delivered. The only task is to post the signs along the designated bike routes. The above picture is a sample, although most of the signs aren't actually up yet.

Biking Tip of the Month

Upon reaching an intersection with one or more motorists at the intersection, place one foot on the pavement to let the motorist know you are stopping at the intersection and will wait to take your proper turn before crossing the intersection.

RIDE SUMMARIES Tour de Rock at Pella was cut short due to the Iowa floods that destroyed part of the trail around Red Rock. Also, we have learned Another Dam Bike Ride has been cancelled because of trail damage.

Safe Routes to School:

Patrick Stansberry has been named the Safe Routes to School coordinator for the Marshalltown Community School District. Pat is a second grade teacher at Fisher Elementary School with degrees in elementary education and Geography and Social Change Tract. IVBC feels very fortunate to have Pat in the position, and we will give our full support in helping to make Safe Routes to School successful.

The MS150 was in town the weekend of August 22nd. IVBC was asked to help out by guarding the bikes overnight at Riverview Park. Over 100 bikes were put in the fenced area of the old Appgar Pool with the "guards" spending the night. We also had people manning a snack station west of town. The following note was received:

Dear IVBC of Marshalltown:

On behalf of the MCVB, I wanted to thank all of you for your hard work on the MS150 bike ride. I could not have pulled off the event and Marshalltown would not have shined without you. The cyclists had a great time in Marshalltown, and we hope to have them back next year. Thanks again,

Shannon Espenscheid

Linn Creek Recreational Trail Emergency Location System

Working with Terry Gray, Director of the Marshalltown Park and Recreation Department, IVBC implemented a 911-location system for the city recreational trail. Numbers painted on the trail every one-half mile indicate the distance from Riverview Park and will also serve as a 911 location. The system will be completed when the trail is restored to Grimes Farm.



EDITORIAL

IVBC has worked hard to make Marshalltown a bicycle friendly community, and like the rest of America, we wanted it to happen yesterday. Well, it hasn't happened yet, and it may not happen; so get over it, and keep working. Are we ever going to get done?-- No! There are always changes to be made. Just as Marshalltown changes, so will the way we bike in Marshalltown. Secondly, I've noted that the obstacles to change tend to be **attitude** rather than **physical**. If we work to change attitudes the tasks at hand will be more effective.

--Charlie Smith

(You are welcome to submit an editorial at any time by sending it to [IVBC newsletter](#).)



Wayne Cordes Memorial

As many of you know, we sadly learned of the passing of Wayne Cordes Saturday as we were preparing to depart for RAGBRAI. Wayne was a charter member of the Iowa Valley Bicycle Club and was key in formulating the club that we are today. Wayne also initiated our club ride “Marshmallo” which has been quite successful from its beginning. The club sent memorial money to his family and continues to discuss additional local memorials such as making Marshmallo a memorial ride and/or placing a bike rack in the downtown area in Wayne’s memory. If you have other ideas, please contact [IVBC newsletter](#) with your ideas.

IOWA BICYCLE COALITION NEWS

“Crawford County tables the repeal of the RAGBRAI ban and bicycle event insurance”! On September 9, 2008, the Crawford County Board of Supervisors discussed a repeal of Resolution 2007-49 which bans RAGBRAI and similar natured events. Read the rest of the story on the Iowa Bicycle Coalition web site. <http://iowabike.blogspot.com/2008/09/crawford-county-tables-repeal-of.html>

BIKE LANES

In August, the Marshalltown City Council approved placing five-foot bike lanes on Main St. from 13th Street to 5th Avenue. Main Street will take on a new look and make biking in the downtown area safer. Also, other changes to City bike routes were approved. A new city map by the Convention and Visitors Bureau will be coming in the future, showing the bike routes, bike lanes, and the recreational trail.



Bike lanes should be similar to those in this picture.

BIKE PARKING IN CENTRAL BUSINESS DISTRICT

The Iowa Valley Bicycle Club asked Mark Wyatt, Executive Director of the Iowa Bicycle Coalition, to assist the Central Business Director in selecting proper bike parking and locations for the bike racks in the downtown area. Wyatt and several members of IVBC did a biking tour of key areas of the downtown area and surveyed possible locations for bike parking. After lunch, Mark conducted a bike parking seminar, meeting with key community individuals in making Marshalltown a “pedestrian and bike friendly community”. Following the seminar, the downtown area was revisited to assess preliminary selected areas for bike parking. The Central Business District will study Mark’s final recommendations.

History, You Bet We Got History!

“Those Were the Days...”

--Using the IVBC history notebooks, here are some highlights of IVBC over the years. (Below is an article from the October 17th, 1974 issue of the Marshalltown Times-Republican.)

A bicycle club for Central Iowans, to be known as the Iowa Valley Bicycle Club, was organized in Marshalltown at the YMCA-YWCA Tuesday evening (Oct. 15, 1974). Twenty-five bicycle enthusiasts attended. Officers were chosen, a constitution approved, and a code of ethics drawn up. Dan Ring was chosen president. Other officers included Ken Langley, vice-president, Corene Bakken, secretary, Bucky Brockett, treasurer, and Jay Nachod, road captain. The group plans to have regular meetings, most of which would be in conjunction with bike outings. There will be a membership for both senior and junior members, the cost to be determined. Ring said senior members, 14 and over, would sponsor junior members. Ring listed the following as aims of the club: (1) to promote interest in bicycling, (2) to encourage and facilitate bicycle outings, (3) to defend and protect the rights of the bicyclists, (4) to emphasize the need for safer riding conditions, (5) to promote bicycle registration in the interest of safety, and (6) to promote bicycling as a pleasurable, healthy, and economic means of transportation.

HELP WANTED:

As 2008 begins to slow down, it's not too late to think about 2009. We always need club officers and committee memberships. We could always use your talents. If interested, email richkris@heartofiowa.net

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](#).

IVBC Oct - Dec Calendar

Date	Time	Event	Place
Oct 4	7:30 a.m. & 9:00 a.m.	IVBC Ride - First Annual Fall Classic - Century (100 mi), Metric Century (62mi), 40 mi, and 20 mi Century departs at 7:30 - all other rides 9:00 Maps provided but not sag. Bring a friend.	Cultural Center, Marshalltown
Oct 5	11:30 a.m.	Ankeny to Slater Trails Celebration Ride, 25 mi round trip, flat trail ride. See www.bikeiowa.com for details	Hawkeye Park Ankeny, IA
Oct 8	7:00 p.m.	Regular IVBC Meeting - All club members & guests are welcome	Fisher Comm Ctr Conf. Rm.A
Oct 11	7:00 a.m.	Dr. Breedlove Memorial Ride 100K & 200K routes See: www.bikeiowa.com for details	Bike World West, 60th and Ashworth, West Des Moines
Oct 12	1:00 p.m.	Fall Foliage Chichaqua Valley Trail Ride, Club Ride Baxter to Bondurante and back - pick your distance 0 to 40 miles	Chichaqua Trailhead Baxter, IA
Oct 18	7:30 a.m.	Meet at HyVee for breakfast and plan a ride - distance depending on weather and wind velocity/direction	Marshalltown HyVee
Nov 7	6:00 p.m.	IVBC Annual Meeting: Spaghetti dinner, election of officers, Program "YTBD"	UAW Hall, Iowa Ave. Marshalltown
Dec 13	6:00 p.m.	Tour de Lights, Club Holiday Party	Fisher Comm Ctr Conf. Rm.A