

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

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Message from the President by: Kris McKibben

Dear Friends,

Wow! Summer is pretty much over now! Ragbrai was great, don't you think? Everyone with the IVBC had a great time this year I think. I haven't talked to anyone who thought otherwise. I met lots of new friends, many from out of state! It's always fun to talk cycling with people from around the country. I hope that they had just as much fun with our club and will want to come back. The route was definitely a good one and the weather was wonderful (except for the rain!). If you are like me, you haven't ridden your bike much since Ragbrai. Oh, the desire is there, but something else always seems to get in the way. There are lots of other things to do and since training isn't a priority now, well the bike ride can wait. Congrats to those of you who have kept riding! But I'm running low on excuses and will just have to get the bike out for some fall riding. The weather has been exceptional lately, so it's a good time to still get out and enjoy the days we have left. There are plenty of fall rides still available on the weekends. Check our website or bikeiowa.com for rides. The trails are always pretty this time of year also.

Speaking of trails, the IVBC campout to the Root River in Aug. was great!! We had 30 members show up. We had a potluck on Sat. eve complete with entertainment by Rich. He tried out his new campfire popcorn maker and set it on fire!! I believe that there will be a picture on our website of the blaze.

Congratulations to the guys who rode on their very own Lewis & Clark Expedition. They had a neat presentation with pictures at the last club meeting. I will be trying to get some programs worked up for the upcoming winter meetings. If you have any ideas or suggestions, please let me know. The fall is pretty full of club activities already.

The IVBC Annual Meeting will be Friday Nov. 5, 2004 at 6 pm at the UAW Hall on Iowa Av. West. This is the lower level. The club will be cooking a spaghetti dinner complete with salad, French bread and dessert. We will also have a presentation of RAGBRAI pictures on the big screen. Bring your own photos to show and exchange if wanted. All I ask is that you please let me know if you plan to attend so that we know how much to cook so that Tom doesn't get stuck eating all the leftover dessert. My phone is 488-2915 or e-mail me at richkris@netins.net. We will also vote on officers for next year. There may also be door prizes!

Then in Dec. IVBC will have its 9th Annual Tour de Lights on Sat. the 11th at 5 pm at the FCC. Chili supper will again be provided. Bring snacks. Door prizes for best decorated bike.

Plan to attend these functions!! We have a lot of fun!! The club does much for those that come- meals, door prizes, etc.

Happy Fall Riding! Kris

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Always Wear A Helmet





Lewis and Clark Adventure Cycling

Bob Peterson, Terry Briggs, Charlie Smith, Phil Zink, and I went on a 10 day Lewis and Clark bicycle trip August 16 - 26. We traveled from Smithville, MO (just north of KC) up the Missouri River along western MO, southeast NE, southwest IA. We went through Council Bluffs and on up the Missouri on the IA side, to Sioux City and then turned west thru Yankton, SD. We rode on north and west up along the Missouri into central SD. Ending our trip in Fort Thompson, SD, a total of 600 miles. We rented a 15 passenger van and pulled Terry's enclosed trailer to carry the bikes. We took half day turns driving the van and sagging the other riders. The weather was great, the scenery was great, and we learned a lot of history along the way. It was neat camping along the river, right where the Lewis and Clark expedition camped. We followed the Adventure Cycling Trail Maps and found them to be very accurate. We highly recommend them if anyone is planning a bicycle trip. Dana Bresler

AHCAST 2004

The Annual Harvest Century and Stagecoach Tour (AHCAST) was held on Sept. 18 with Lanny Nuese and Ken LaFrenz attending.

The 40 degree temperatures rose to the high 70's by noon. We traveled through the towns of Sharon Center, Frytown, Wellman, South English, North English, Millersburg, Parnell, Windham, and Stringtown, which featured The Cheese Haus.

Along the route were many roadside stands with Amish folk selling baked goods and fresh produce.

The ride began and ended in Hills, Iowa, where we were pleasantly surprised with a hot shower that included a towel!

This ride was sponsored by The Bicyclists of Iowa City. It was well supported with plenty of good food. I look forward to next year's ride.

Lanny Nuese

IVBC Annual Century Ride

There were seven on the Annual Century Ride Saturday, September 18. John Eich lead the full century and the other riders were Charlie Smith, Jim Christenson, Ken Stubbe, and Dan Ring. The full century went west on Summit, E29, Bangor, Union, Gifford, Eldora, Steamboat Rock, Holland, Reinbeck, Lincoln, Gladbrook, GM, and in East Main. The metric century, ridden by Roger Vreeland and Dana Bresler, cut off in Union and came back through Conrad, Beaman, GM, and in East Main. It was a nice day but with a nice breeze out of the South that made the last half of both rides interesting.

Another Dam Bike Ride

There were nine club members that rode Another Dam Bike Ride in Knoxville, IA Saturday October 2. They were Charlie Smith, Jim Christenson, Terry Briggs, Ken Stubbe, Ken Lafrenz, Lanny Nuese, Kent Geffe, Jim Gossett, and Dana Bresler. It was around 35 degrees when we started but warmed some by the time we finished the ride at 1:30. The ride goes from Knoxville out to Red Rock Dam, then along the bike path, and returning to Knoxville. There were approximately 50 - 60 riders total. This bike ride is the last major organized ride for the season in Central Iowa. From now until winter hits rides will be weather permitting.

Keep an Eye on the Website www.marshalltownbikeclub.com

The club has received a very nice Thank You note from the American Enterprise Committee at Lenox for the \$250.00 that IVBC donated to the Guthrie Memorial Bridge project. I will be posting this note and other material on the website as I get a chance. Lanny Nuese sent me some pictures of the AHCAST ride that I will be posting.



RAGBRAI XXXII Wrap-up

Greetings IVBC RAGBRAIers! "Team Tom"

With fall in full swing and winter just around the corner RAGBRAI 2004 is a warm memory and we are already beginning to think and plan for next July.

Each RAGBRAI is really great but this one I thought was marvelous. What really made it so great were you, the riders. This year we had more riders than we have ever had and during our planning we were concerned about how we would handle almost twice the number of riders as 2003. Thankfully it turned out to be a non-issue. We arranged for some extra resources to help but it really came down to the conduct and character of the riders on the team. Everyone pitched in around camp, the shower line flowed smoothly, and everyone had their gear on the truck each morning by 7:00 a.m. Life is good!

Of course it was also neat coming through Marshalltown and getting to sleep in my own bed for a night.

There were some bumps along the way. There was the headwind and gravel coming into Marshalltown and the rain Thur & Fri mornings. I heard that Amy Backus became ill and had to drop out. The last time I saw Amy was in the rain west of Clutier and at that time she was cranking right along. I guess the cold rain got to her eventually. Sorry you got sick, Amy. We found the owner of the Russian camera that we picked up during bus loading at Clinton. It was Casey Machula's from Flagstaff. He was very glad to get it back and thanks for the coffee mug and t-shirt Casey. Duane Harris from Marshalltown was not looking well on Friday and a patrolman stopped him and wisely decided to call an ambulance. Duane says he really didn't feel bad except it was really difficult getting up the hills. The paramedics suggested to Duane that he go with them to the Maquoketa Hospital and get checked. Duane says that he felt real special since he was the first patient at that hos-

pital's new emergency treatment wing. During his checkup the doctors determined that he had had a mild heart attack on Wed and because his heart was not functioning properly, Duane was carrying 10 pounds of extra water. So, Duane spent two day in the hospital getting rid of that water. Since returning home he has visited his cardiologist regularly and his heart function is being monitored and managed. I spoke with Duane today and he is doing fine and has even been on some bike rides recently. And finally, we had to leave Clinton without Bob Mott from La Porte City. As it turns out, he was not aware of our departure time and just didn't get to Clinton on time. But everything turned out ok. He found a ride home and I talked to him the day after we got home and he was fine.

As I said earlier, we have already started planning for next year. One thing we are going to do is develop a method of finding our camp site each day. I think everyone will agree that is needed. Personally, I sort of enjoy fumbling around town until I run across some of our team riders or see that artful blue duct tape IVBC sign; sort of like a big Easter egg hunt. But few, if any, share my since of adventure in this matter. A few club members have volunteered to design a sign that the drivers can place along the route directing Team Tom riders to the campsite of the day.

I have received a couple of hundred pictures and images from team members. My plan is to edit and arrange them into a slide show that I can then burn onto a CD. Once I have that done, I will notify everyone. I will mail anyone a copy for \$5.00 (cost of CD, case, and mailing). Any profits from this will go into the clubs RAGBRAI acct.

Also, as soon as possible after this newsletter, I am going to pull out 20 or so of the best images and ask Rita to post them on our website.

In closing, I wish all our RAGBRAI team members a safe and prosperous winter and in January we will start planning and preparing for RAGBRAI XXXIII in earnest. Please plan on coming back next year and bring a friend.

RAGBRAI Century Loop Riders:

John Eich, Lanny Nuese, Rich & Bob Henningson, LeRoy Kester, Pat & Gabrielle Coughlin, Pat & Denny Cahill, Brian Juel, Michelle Boggs, Dana Bresler, Jim Gossett, Mike & Penny Clinard, Scott Rogers, Bill Biehl, Mark Smith, Eric Jacobson

It was these riders' first century: Jerry Coughlin, Ken Stubbe, Rob Cooper, Ronnie & La Rae Schelling, Chris & Steve Devona, Bill & Phillip Hawk, Roger & Jack Vreeland, Nancy Montgomery, Lacey Rogers, Tony Mattan.

Congratulations to all riders!

