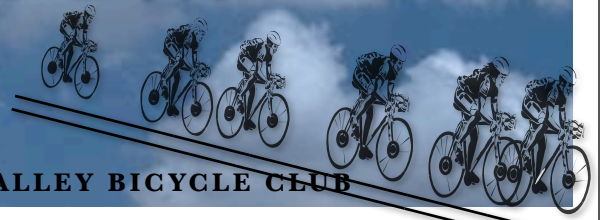


O C T O B E R 2 0 1 1

# ON YOUR LEFT...



A NEWSLETTER OF THE IOWA VALLEY BICYCLE CLUB

## BIKE TIRES

What is with the cost of new bike tires? Some of us remember when we could purchase a quality bike tire for \$5.00 and a tube for \$1.00 and change. One could even buy gum wall tires for around \$3.00. Gum wall, what is that? Younger bikers may tell us that was the days before TV. NOT! We even had color TV when one could buy a bike tire for \$5.00. Today, shopping for bike tires is like shopping for tires for the family car. Do I put tires on my bike or the family automobile? You know what the family will say!

When I look at the size of a tire for the family car and compare that tire to a bike tire---the cost of the bike tire just doesn't seem right. I think some Harvard economics major figured out that bicyclists will pay any price for a bike component if they are told it is lighter and they can go faster. Now, all we need to do is to figure out how to make our tires and tubes last longer, therefore, reducing the demand and lowering the price. But won't that put people out of work? Yes, in some other country, but do we really know those people? We, on the other hand, will have more money, spend it locally and rebuild our own economy. (I learned that in economics class at the liberal arts college of Iowa Wesleyan.)

What can one do? Well, first, we can patch our own tubes. Really! Sure, I know a guy who patches his own tubes, he says "so the art will not be lost". On one occasion, I witnessed the gentleman patch discarded tubes of other riders, only later to be used in his own bike. That might be carrying that "art" thing a bit too far.

Secondly, we can make sure our tires are worn out before replacing the tire. How many times have we discarded a tire because of too many cuts, which cause small bits of gravel to become lodged in the cut and work it way through the tire and then puncture the tube. You may not be able to prevent cuts, but you may be able to prevent the small bits of gravel from lodging in the cut by filling the cut with super glue. Yea, super glue!

Here is the process. Examine your tires frequently, looking for small cuts. Clean the tire and remove any gravel from the cut. Make sure the tire is dry and clean, fill the cut with super glue, making sure the glue reaches the bottom of the cut. Allow the glue to dry over night and you will be ready to go the next day, provided you did not set a patched cut on the garage floor. Doing so will destroy your confidence. The glue will not completely fill the cut, but it does seem to keep the gravel out. You may need to place more glue over the same cut.

Look at it this way, you can buy a lot of super glue for what one bike tire costs and over the years, you will have saved enough money to buy a new bike. --Charlie Smith

**Happy Halloween!**



## IVBC Annual Meeting

The IVBC Annual Meeting will be held on Friday, November 4, at the UAW Hall on Iowa Avenue, at 6:00 PM. Dana Bresler and Terry Briggs may be providing the entertainment by singing some of our favorite biking ride-a-long songs. Be on time as seats will fill up fast. Free spaghetti supper and good friends will be the fare for the evening. Let's show our support for the club. New officers will be elected--let us know if you are interested in serving the club in this capacity.



## 2011 Oktoberfest 5K/10K Walk/Run Race by Tom Kurth

This year's race control volunteers were a really good group just like last year. A total of 93 people volunteered to help with the course monitoring for the 5K/10K run held on Saturday, September 24th. The main goal for the course monitors is control traffic to insure that no race participant is injured by a motor vehicle. Volunteers were from the Iowa Valley Bicycle Club, the Kiwanis, the Optimists and people from surrounding communities and Marshalltown who just wanted to help.

The total number of runners was 278--with 90 runners participating in the 10K race and 188 doing the 5K. The weather was a little cool, but, at least there was no rain or wind. It was a great day for the runners. By the time the parade started at about 10:00 AM, it was warm with the temperature at about 55 degrees, sunny and no wind.

We hope that everyone who volunteered to help with traffic control likes their long-sleeved t-shirts. The red color looked nice, and the long sleeves helped with the weather being cool.

I want to thank Larry Park for recruiting so many volunteers and Joe Robertson for the Kiwanis volunteers. Thanks also to Jeanne Ewalt for making the coffee and my better-half with the organizing and passing out of the T-shirts and corner assignments.

### Trail Party????

Will an "opening trail party" occur this year? That is very difficult to say at this time. It was necessary to replace 200 yards of the new trail as it was poured during the heat and cracking occurred. At this time of the year, attendance at an opening celebration may be low because of the cooler weather, but that is not to say the weather will be better in May (maybe at the time of MARSHMALLO).

### Marshalltown Bicycle Library (Somewhat)

On several occasions the bike club has discussed providing used bicycles for community members who needed alternative transportation, ie., the bicycle. The club needs to work with other organizations to assist in locating individuals who may need a bicycle. The House of Compassion has agreed to partner with IVBC in meeting the need. We are happy to announce that on October the 11, IVBC provided the first bicycle, helmet and bike lock to a young Marshalltown woman who needed a way to get to work. If any IVBC member should know an individual we could help with transportation, please bring the need to our attention. Special thanks to Ken Lyons and Sherry Kubalsky for initiating this program. -- Put your brain to work--This program needs a NAME.

### Iowa Healthiest State Initiative

Learn what you can do to become a healthier individual and make Iowa the healthiest state in the nation by logging into the website: [iowahealthieststate.com](http://iowahealthieststate.com). Marshalltown is a part of the program, and you can be a part of the movement. All states are ranked in terms of healthiness,-- with Iowa ranking 19th. The site contains a great deal of information on how to become a healthier community. While you are searching, check out [bluezones.com](http://bluezones.com).

### Blue Zone Web Site

We are asking all IVBC members to check out the web site [bluezones.com](http://bluezones.com). The site provides information about the life style of people who live to be 100 or older and communities that foster longevity. We all would like to live in a blue zone.

Another biking season over--let's go to the annual meeting.

Do you think we should try to be officers?



**Iowa Valley Bicycle Club**

P.O. Box 927

Marshalltown, Iowa 50158

MEETING DATE: The annual meeting is Nov. 4th at 6:00 at the UAW Hall on Iowa Avenue. 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>