

# On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 29 Number 1

January 2004

## Message from the President by: Kris McKibben

We had a great time at the Tour de Lights! 21 people came & 7 riders braved the icy streets. John & Ginger Eich, Pat & Gabrielle Coughlin, Lanny & Dillon Nuese, and Ed Parker rode 5 miles through the south part of Marshalltown. Over half the riders (John/Ginger & Pat/Gabrielle) were on tandem bikes. Many door prizes were handed out with Pat & Gabrielle Coughlin winning the grand prize for best decorated bike. Thanks everyone for coming.

During our chili conversation, we discussed ideas for 2004. Some of which were a Fall Campout, more trail rides on Sundays, a Wal-Mart safety day, a wind-assisted century ride, weekend family trail rides. We will try to put these ideas into practice. Watch for details through the year.

A new year brings new goals for IVBC. I want to try to have short programs at meeting times during the off-season. Also, continue to improve publicity, and increase membership. Our website will afford us lots of publicity. Use it and tell others about it.

I have programs set up through April at our meeting times (2nd Wed. every month). I hope that some of these you will find interesting enough that you will come. We will try to start them at 7:30, after a short meeting at 7:00. Programs include Jan.- Ann Bresler, CPR training, Feb.- Lisa Gassman with tips to improve your performance, Mar.-Scott Carnahan with hydration and leg cramps and Apr.- Gary Peasley with his ride through Glacier Nat'l Park.

I am going to challenge everyone with my membership goal. If every current club member were to recruit one friend or couple that they know who bikes or supports the sport, to join the IVBC to further promote cycling, we could double our club size!! Let's see if we can do it! We all know that there are a lot of bikers out there. Let's meet them!

Looking forward to a Great 2004,

Kris

### Inside this issue:

<i>Thank You Letter</i>	2
<i>2003 Mileage Awards</i>	2
<i>Bike Poem</i>	2
<i>RAGBRAI Registration</i>	3
<i>www.marshalltownbikeclub.com</i>	3
<i>Schedule of Events</i>	4

---

## Membership Renewal

It is that time of year again. Time to renew your IVBC membership. You will find an application form included with this newsletter or it can also be printed off of our website at [www.marshalltownbikeclub.com](http://www.marshalltownbikeclub.com). Please consider rejoining as your membership helps our club promote safe biking in our community. Thanks for your support and we encourage all members to participate in club activities and meetings.



Always Wear A Helmet

BOARD MEMBERS

- Dennis Edge
- Jerry Gaffney
- Robert Graves
- Emer Kunkel
- Jon Stahl



**MARSHALL COUNTY  
CONSERVATION BOARD**  
 2349 233<sup>rd</sup> St.  
 Marshalltown, IA 50158  
 641/752-5490  
 FAX: 641-752-5496  
 E-mail: mccb@co.marshall.ia.us

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

Thank you for your donation of \$2,000 toward the Marshalltown to Grimes Farm & Conservation Center Trail. The donation has been placed in our conservation trust account to be used to help with our co-share part of the trail grant. Your generosity in helping with this project is greatly appreciated.

Sincerely,

Garry Brandenburg, Director  
 Rp

**2003 Mileage Awards:**

The 2003 Mileage Awards will be presented at the February 11 Club Meeting. All members are eligible; awards will be mailed to those not able to attend the meeting. There are awards for most individual miles (male & female), most family miles, first century, 5 centuries, and double century. In the next few days, a club member will be calling you to collect these ride statistics, but it would *really* help if you would email them to me since it is so hard to catch people at home (bikerider50158@yahoo.com). Thanks, Dana Bresler

**Bicycle Poem:**

Ann was going through some old paper files that we have collected over the years and discovered this short poem from our first bicycling career, when we were in our late 20's early 30's and living in Pittsburgh, PA. I thought you might find it interesting. It is from about 1978. Dana

BICYCLIARY

The bicycle is naturally singular,  
 Avoids ideology, does not confer  
 Virtue or signal the millenium.  
 It forces respect for equilibrium.  
 As technology, it falls somewhere between  
 The egg-beater and the adding machine.  
 It is my size. It does not overbear.  
 It teaches attention to winds and the slope of the earth,  
 Loose stones and puddles, dogwood, a crooked path.  
 It asks me to get it from here to there  
 With competence and economy.  
 It is some pleasure to reply.

Robert A. Brooks  
 Under Secretary  
 Smithsonian Institution

\*\*\*\*\*

The big RAGBRAI news this year is the new web based computer registration process. If you have access to a computer connected to the internet and comfortable doing so, you can register online. If you have registered with RAGBRAI before, your information (address, phone #, etc.) will come up automatically during the registration process and all you have to do is update it if necessary. To save you a little time looking it up, our (IVBC) Group ID # is 0040. At the end of the registration process, they direct you to print out the Register's waiver. Fill out and sign that waiver and mail it, along with a check for all your fees (including IVBC Charter fee below and any jerseys or souvenir packets you have ordered), to IVBC, PO Box 927, Marshalltown, IA 50158.

IVBC's Charter Application is on our Website at [www.marshalltownbikeclub.com](http://www.marshalltownbikeclub.com). That form also needs to be printed, filled out, and mailed in along with the Register's waiver. You can include all fees on one check; please make it out to IVBC.

If you do not want to do all this over the internet with a computer, there is a complete set of applications included with this Newsletter. Just fill them out as you have in the past and mail them to IVBC, same address as above. I need to have the applications and fees in my hands by February 26 in order to get them turned in to the Des Moines Register by March 1. If you fail to get these waivers, applications, and fees to me before February 26, you will have to apply directly to the Des Moines Register for your credentials. But you can still come to IVBC



**July 25 - 31, 2004**

and register to ride with our charter after you get your wristband from the Register.

The route will be announced Friday, January 30. You can check that and other RAGBRAI Info at [www.ragbrai.org](http://www.ragbrai.org).

The dates for RAGBRAI are July 25 - 31. As always, our charter will depart Marshalltown early Saturday morning (7:00 a.m. ), July 24.

If there are any questions or you need help with any of this, please give me a call at 641-753-3114 or email [www.bikerider50158@yahoo.com](mailto:www.bikerider50158@yahoo.com).

Dana Bresler

---

### **[www.marshalltownbikeclub.com](http://www.marshalltownbikeclub.com)**

Our club website is up and running! Rita Smith has done an excellent job in putting it together. She has worked many hours learning to use the Dreamweaver software, and weeks and months designing the website. Trust me, it's not easy folks. A big **THANK YOU** goes out to Rita!

If you have not already done so, please go on the net and check it out. We want to make [marshalltownbikeclub.com](http://marshalltownbikeclub.com) the centerpiece of our club communication. We are also linking into other Marshalltown organizations (ie, Chamber of Commerce) to become the center for bicycling interest and activity in the community.

Along these same digital technology lines, over the next few months, we will be transitioning to electronic distribution of this newsletter to those willing and with the capabilities to do so. Let me quickly add that hard copy of the newsletter will continue to be mailed to those members who desire it that way.

During the next month or so, as we go through our annual membership registration cycle, I will be determining who wants electronic copies and who wants to continue to receive hardcopy in the US Mail.

Advantages of electronic copies are:

1. The product you receive is high quality and in color.
2. The club saves on printing cost and postage.
3. It is available to you as soon as it is posted on the webpage - delivered at the speed of light.

This edition of the newsletter will be delivered both electronically (as a trial to those for which I have an email address) and hardcopy through the US Mail. You will need the free Adobe Acrobat reader which you can download from [www.adobe.com/products/acrobat/readstep2.html](http://www.adobe.com/products/acrobat/readstep2.html). Although the reader is free, the down side is that the basic reader is 9 meg (file size) and the full version is 16 meg. With a dial-up connection, it is going to take a while to download these files. If you need help, I can send you a CD with the program on it. Dana Bresler 641-753-3114

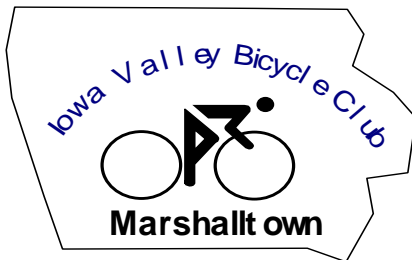


## Iowa Valley Bicycle Club

P.O. Box 927  
Marshalltown, Iowa 50158

Phone: 641-753-3114  
Email: bikerider50158@yahoo.com

**On Your Left!**



Date	Time	Event	Place
<b>Feb 1</b>	2:00 to 4:00 p.m.	Heart Rate Training Seminar—Free Details on <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Johnston Library, 6700 Merle Hay Rd Johnston, IA
<b>Feb 7</b>	8:00 a.m. Reg 10:00 a.m. Ride	27th Annual BRR Ride <a href="http://www.bikeiowa.com/asp/shop/asp/registration1.asp">www.bikeiowa.com/asp/shop/asp/registration1.asp</a>	St. Patrick's School Gym 5th & Lucinda, Perry, IA
<b>Feb 11</b>	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
<b>Feb 11</b>	7:00 p.m. 7:30 p.m. 7:45 p.m.	Regular IVBC Meeting - All club members welcome Presentation of 2003 Mileage Awards Lisa Gassman will give tips on cycling performance improvement	Fisher Community Center
<b>Feb 15</b>	12:00 p.m.	Bike World Roller Races Details on <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Bike World, 2929 Merle Hay Rd. Des Moines
<b>Mar 10</b>	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
<b>Mar 10</b>	7:00 p.m. 7:30 p.m.	Regular IVBC Meeting - All club members welcome Scott Carnahan will discuss hydration and leg cramps	Fisher Community Center
<b>Mar 14</b>	1:00 p.m. Reg. 1:30 p.m. Ride	Chil-I Ride Details on <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Hy-Vee East, 1501 1st Ave East Newton, IA
<b>Apr 17</b>	10:00 a.m. Ride	18th Mayor's Ride <a href="http://www.ci.des-moines.ia.us/departments/pr/mar.htm">www.ci.des-moines.ia.us/departments/pr/mar.htm</a>	City Hall Des Moines, IA
<b>May 8</b>	9:00 a.m. Reg 10:00 a.m. Ride	Marshmallo IXX	Riverview Park, North 3rd Ave Marshalltown, IA