

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 29 Number 3

June 2004

Message from the President by: Kris McKibben

Dear Friends,

Here it is June already! Hopefully you are out pedaling your buns off by now and enjoying the spring weather! I have a few topics I would like to address. Since most of you will be going on RAGBRAI, they will be aimed at you. Check out the 'Tips List' that we have on our website. It is filled with all sorts of ideas from seasoned RAGBRAIers. If you have questions or concerns that are not addressed there, please feel free to call any member of the board and ask. Also, the RAGBRAI webpage has a newsletter each month with good tips there. As you have probably heard, we are sold out of tickets and charter space. We have approximately 110 people in the group this year. It should be lots of fun. There are people of all age groups, singles and families, in-state and out-of-state. We will once again be having our annual Wine & Cheese Reception from 5-7pm in Onawa Sat. eve. With this many people in the charter, space will be at a premium. IVBC is asking that you limit your gear to 2 bags per person. People from M'town, please remember that you will be back in town mid-week and can pick up or exchange your clothing for the last half of the week.

Secondly, remember to keep yourself hydrated. Drink plenty of water, sports drinks, etc. Prevention is the best medicine when it comes to heat exhaustion/ heat stroke. Be alert to your body and what it is telling you. Get acclimatized to riding in heat, add a small amount of salt to your food (if you don't have restrictions, because you lose sodium in your sweat), avoid alcohol and caffeine (they are diuretics), rest frequently, drink before becoming thirsty, cold fluids are absorbed faster. During prolonged riding, you may need to drink 4-8 ounces every 15-20 min. Also, wear loose-fitting, light-colored clothing that wicks moisture away from your body. Symptoms of heat exhaustion include a weak & rapid pulse, low blood pressure, headache, dizziness and general weakness. If untreated, heat stroke may follow. This is a serious medical emergency and requires immediate medical attention. Symptoms include skin that is hot and dry (because sweating usually ceases), and a body temperature of at least 104 degrees. If you notice any of these symptoms, stop riding, get in the shade, rest, drink cold fluids, get medical attention or ask someone for help. Getting into the water showers or sprinklers in the pass-thru towns helps too. Don't think that it can't happen to you. Last year in Shenandoah, the Emergency Room was overflowing with riders with heat problems, getting liters of IV fluids. Take care of yourself!

Next month, I'll recall the story of TEAM TOM.

Happy Trails- Kris

Community Y of Marshalltown Offers One Day RAGBRAI

If you can't do all of RAGBRAI this year, there is an opportunity to do one day, Wednesday, July 28, thru the Community Y. That's the day the ride goes from Iowa Falls to Marshalltown. They will load the bikes on to a semi-truck Tuesday evening (July 27), then will board a bus early Wed morning for the ride to Iowa Falls, where they will meet the truck and unload. The fee for this ride is \$25. If you are interested contact Rita Hummel at the Y . 641-752-8658 or rita.hummel@ymca-ywca.org. You can get an application at www.ymca-ywca.org or by stopping by the service desk at the Y.

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Always Wear A Helmet



Dear Cycling Friends,

I want to thank everyone for a wonderful Marshmallo XIX Ride! We had a very successful Marshmallo this year. There were 160 riders, no major mishaps, and gorgeous weather complete with tail winds for the turn home. Thanks to all our volunteers for helping and doing a great job. Thanks also to Ed Gilliland and Don Stull for being SAG drivers and keeping tabs on all the riders. We had a couple good E-mails regarding the ride too. The century loop went over well with approximately 15 riders completing 105 miles. Next year we'll have to start praying sooner so we can get the same weather! Thanks for everyone's help again! We couldn't put on the ride without you!

Well, the cycling season is off to a good start. I hope by now that you've been out at least a few times to turn your wheels. There are numerous opportunities to do some group riding, which is so much fun! I enjoy meeting people and getting an opportunity to promote our club and its activities. It is also interesting to hear others' riding experiences and relate them to your own. But the best is when you can tell newcomers to the sport all of your stories and the fun times you've had, encouraging them in their cycling experience, hoping that they will enjoy it as much as you do. We can all have that opportunity in our club. There are several new members this year. You can find new riders on Ragbrai this year. The Y has rides they are starting for newcomers. The possibilities are endless. Let's take care of our new friends so that they'll continue to be our biking buddies for years to come.

Speaking of newcomers, the IVBC voted to become partners in the Y Partnership for Youth Program! This program gives member scholarships to children in need. Thanks Dana for bringing this opportunity to the IVBC!

Be sure to check out the list of upcoming rides and opportunities to volunteer. The school bike rodeos have just been completed. This is where our helmet funds go, to the kids that need helmets that come to the rodeos. Thanks Charlie for coordinating this very important activity

I'm also looking for topics &/or speakers for fall programs, if you know of any!

See you at the next ride! Kris

IVBC RAGBRAI XXXI BUS & SEMI-Truck DEPARTURE SCHEDULE

Departure – Saturday, July 24, 2004

Marshalltown Community College south parking lot – 3700 South Center Street (Hwy 14 – ½ mile south of Hwy 30). There will be parking available in the lot for those who will be leaving their cars there for the week.

7:00 a.m.	-	Begin loading (you are responsible for removing your bike pedals – pedal wrenches will be available). You can tape the pedals to your bike or carry them with you on the bus. Just don't lose them, because you are probably going to need them.
7:45 a.m.	-	Load the busses with luggage and passengers – Conduct final headcount
8:00 a.m.	-	Depart for Onawa, Iowa. Remember to bring some snacks if desired, as there is no stop planned.
11:30 a.m.	-	Arrival in Onawa. Everyone is needed to assist in unloading bikes so the semi can leave ASAP.
5:00 p.m.	-	Charter Wine/Pop and Cheese Social in camp. Meet your fellow IVBC RAGBRAIers and have a little fun – Drawing for wonderful door prizes

Departure from Clinton – Saturday, July 31, 2004

2:45 p.m.	-	Start boarding busses and taking headcount
3:00 p.m.	-	The busses and semi will be leaving promptly
7:00 p.m.	-	Arrival back in Marshalltown (time approximate)

Marshalltown Area Hotels - www.marshalltown-lodging.com

Best Western, Hwy 14 and 30, 641-752-6321

AmericInn, 115 W. Iowa Ave., 641-752-4844

Comfort Inn, 2613 S. Center St., 641-752-6000

Econolodge, 3315 S. Center St. 641-753-3333

Economy Inn Motel, 515-752-5485



RAGBRAI Update

Greetings from IVBC RAGBRAI Central. I hope your training is going well. Remember rule # 1, the more miles you can ride before RAGBRAI, the more you are going to enjoy it.

Things are going well here on the planning end. I have received all the rider RAGBRAI material from the Des Moines Register. This week, I will be preparing the rider packets that will be passed out to you in the parking lot just before we board the buses for departure at 8:00 a.m., Saturday, July 24. I have also received the RAGBRAI Jerseys for those that ordered them, and I will be getting those to you within the next week.

Included with this newsletter is the latest rider list. I have included wrist band # for those that purchased their RAGBRAI registration through IVBC.

Also, Included with this edition of the newsletter is our annual "IVBC RAGBRAI Tips Sheet". The Tips Sheet is a wealth of practical information developed over 20 years of RAGBRAI experience.

And finally, please note the "Bus and Semi-Truck Departure Schedule" with all the pertinent information concerning our loading and departure for both our trip to Onawa on July 24 and our return from Clinton on July 31.

If anyone has any questions or concerns please contact me at 641-753-3114 or bikerider50158@yahoo.com.

We have less than 5 weeks left to get our bodies, bicycles, and camping equipment in shape for RAGBRAI. If you live in the Marshalltown area, listed elsewhere in this newsletter and on our website www.marshalltownbikeclub.com, is a ride each weekend that could be used for training. Hope you can carve out some time to take advantage of them - If you do, I'll see you there!

If you are from other parts of Iowa or outside the state, we look forward to seeing all our returning riders again and meeting all the new riders. We're going to have a great time on RAGBRAI XXXII! Dana Bresler

Website Tips

Between newsletters, keep an eye on www.marshalltownbikeclub.com. We will keep it up to date with coming events, ride applications, and reports and pictures of rides in which we participate.

RAGBRAIers—please see the previous newsletter on the website (April 2004). It has some Previous RAGBRAI info that you might find informative, if you haven't seen it before.

Please note we are now posting the minutes from our monthly meetings on the website (Events Tab). If you can't make it to the meetings, this should keep you informed as to all the other activities and things the club is involved in. If you have comments, input, or suggestions please contact any board member or email bikerider50158@yahoo.com.

Upcoming Events: (For details see Event Calendar on back page)

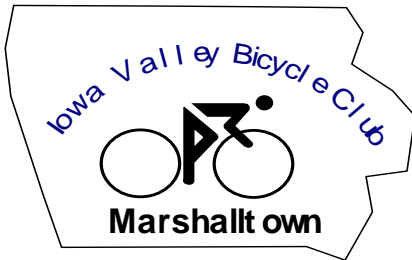
- Once again, IVBC will be providing volunteer Road Marshals for the Cornman Tri at Union Gove Lake, Sunday, July 11. You can call Tom Kurth at 752-1148 to volunteer.
- For the rides listed, I have included a web address where you can go and get more info and applications. If you don't have access to the internet and need an application, let me know, and I'll mail it to you.
- If you have any questions about rides posted give me a call. Dana Bresler 641-753-3114
- Just a reminder, another excellent source of biking information and rides see www.bikeiowa.com.

Iowa Valley Bicycle Club

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Date	Time	Event	Place
Jun 26	Reg. 8:00 a.m.	Tour De Sturgis Falls 12 - 30 - 50 mile rides	Prairie Lakes
	Ride: 7:00 a.m.	Application: www.marshalltownbikeclub.com/tourdesturgisfalls.pdf	Cedar Falls, Iowa
Jul 3	Ride: 7:00 a.m.	Gifford 4th of July Parade Ride - stop for breakfast at Pork & More in Albion (please wear Club Jersey for parade) - 60 miles	Leave from Marshall County Courthouse
Jul 7	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
	7:00 p.m.	Regular IVBC Meeting - All club members are encouraged to come	
Jul 10	8:00 a.m. Ride	BRISC - Bike Ride in Story City 70 miles and 21 miles	Downtown Story City
		Application: www.marshalltownbikeclub.com/acrobat/storycityride.pdf	Pennsylvania & Broad Street
Jul 11	7:00 a.m.	8th Annual Cornman Triathlon - Volunteers	Youth Shelter, Union Grove Lake
Jul 17	7:00 a.m.	IVBC RAGBRAI Trainer - 75 miles Marshalltown - Garwin - Clutier - Toledo route	Marshall County Courthouse
Jul 24 - Jul 31		RAGBRAI XXXII	Onawa to Clinton
Aug 11	6:00 p.m.	RAGBRAI Wrap-up Committee Meeting	Fisher Community Center
	7:00 p.m.	Regular IVBC Meeting - All club members are encouraged to come	
Aug 21- 22	7:30 a.m. to 4:00 p.m.	Bike Van Buren XVIII - Rides both days www.showcase.netins.net/web/villages/bike.htm	Keosauqua City Park