

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 30 Number 1

January 2005

Message from the President by: Kris McKibben

Dear Friends of IVBC-

Well another great year has come to a close. As I reflect on the year, I'm just in awe of all the things our club has accomplished and gotten involved in. And yet, there are bigger things still out there for us to work at and get involved in! I'm referring to the continuing work on *our* bike trail, yes it is ours, we've donated our hard-earned dollars towards it. We need to keep plugging away at it, not just financially, but with our voices, to finish it out to the Melbourne Trail. Then and only then, will it all be worthwhile, when we can say that we have a great trail system in our county. Non-riders will see then that it does get used a lot. We also voted at the last meeting to become a Founding Member of the Iowa Bicycle Coalition. This coalition will be a voice for cyclists in our state, an advocacy group that will keep abreast of laws and current happenings that affect us. By being a Founding Member, we can have a voice and an invitation to meetings and get involved!

2005 is also a year for changes on the Ragbrai scene with new director TJ taking over the reins. Those of you with e-mail may already have noticed all the news you're getting and the opportunity to register this early! We're hoping that this year's Ragbrai will be just as great as last year's. Don't forget to sign up!! Watch for Dana's info in the newsletters.

We also will have programs each month at the meetings during the winter. Check out our web-site for a list of the programs. Hope to see you there! Last year, they went over really well with great attendance. This Spring will bring another opportunity to help encourage young cyclists. We will be helping a local Boy Scout troop to earn their bicycling merit badge. This will take place on a Saturday in late April, then they will join us on the Marshmallo Ride. More details later!

Does anyone want to cross-country ski? I bought some for this year because it's fun and I want to cross train. If we ever get any snow, we may have a ski day. Park & Rec has some for rent if you don't own any.

Finally in closing, I want to thank everyone that I work with, and ride with in the club for being there. We have a great group, a great board and a great club!! Thanks for all of your volunteer work and volunteer hours! Without you, we couldn't be a Club!! I especially enjoy all of the friends that I have made that I wouldn't have if I didn't ride my bike. See you on the BRR Ride!! Kris

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2005 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 web-site at 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



IVBC Annual Meeting, November 5, 2004

The annual meeting was held at the UAW Hall in Marshalltown. We had a great turnout (60 people) and everyone was treated to a nice spaghetti dinner. A big **THANK YOU** to the volunteers that cooked and served the meal : Kris McKibben, Sara Kurth, Kathy Briggs, Ann Bresler, Taylor Simbides, and Jordyn Simbides

The slate of 2005 club officers was presented and a vote of approval taken:

President: Kris McKibben	Vice President: Tony Etcher
Secretary: Ann Bresler	Treasurers: Charlie & Rita Smith
Ride Coor: John Eich & Terry Briggs	Newsletter: Dana Bresler
RAGBRAI Ticket Coor.: Dana Bresler	Quartermasters: Terry Briggs, Bob Peterson
Historian: Mike Headley	Publicity: Sara Kurth
Membership: Dana Bresler	Ride Right Coor.: Brian Juel

Marshmallo Committee: Kris McKibben, Lanny Neuse, John Eich, Dana Bresler

Kris McKibben reviewed the IVBC Accomplishments for 2004:

- A \$250 donation to the Partners with Youth campaign at the Marshalltown Community Y
- Charlie Smith and Tom Kurth conducted a RAGBRAI Seminar at the Fisher Community Center in April
- The Annual Marshmallow ride with a new set of rides incorporating three area bike paths and an early spring century ride
- \$50 donation toward the popular downtown light pole flower baskets
- Youth helmet program and support of after school Bike Rodeos, teaching kids safe biking skills. Also, inspecting and licensing the bikes.
- \$250 donation for bike rack at Fisher Community Center
- Worked with the Community Y to develop Saturday morning recreational & RAGBRAI training rides.
- Record number of riders on our RAGBRAI Charter.
- \$2000 donation to the Marshalltown Bike Path extension project (extension out to Grimes Farm)
editor's note: the club continues to push for the development of the final piece connecting Grimes Farm to the 330 - Melbourne Trail - please, only three more miles.
- \$250 donation to the Guthrie Memorial Bridge over Linn Creek at the Lennox Park on the bike path.
- \$1000 to become a founding member of the Bicycle Coalition of Iowa

The program for the annual meeting was a digital slide show of the RAGBRAI pictures that I have collected from last year's (2004) riders. Dana Bresler

9th Annual Tour de Lights, December 11, 2004

IVBC had a really enthusiastic Tour De Lights group this year with lots of "Christmas Lighted" bikes and lots of corny...I mean cool decorations! Make sure you check out the pictures by clicking the "photos" tab at marshalltownbikeclub.com. The weather was good-n-cold (mid 30's, better than last year), but the chili was good-n-hot. We had more than 15 riders ranging in age from under 10 to over 60. They braved a short southern route with the final leg coming back on the bike trail. The Coughlin's won for best decorated bike again this year and almost everyone received a door prize. A good time was had by all. Hope to see you on the first ride of '05, Bike Ride to Rippey (BRR) February 5th in Perry, Iowa.

This will be the second year for RAGBRAI's web based computer registration process. If you have access to a computer connected to the internet and you are comfortable doing so, you should register online. As you go through the registration process you will need this - IVBC's Group ID # is 0040. 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. 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. 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. I get a copy of your online registration from the Des Moines Register, so I can see if you have ordered a jersey, or souvenir packet and reconcile that with the fee I receive from you.

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



July 24 - 30, 2004

have to apply directly to the Des Moines Register for your credentials (wristband/biketag). But you can still come to IVBC and register to ride with our charter after you get your wristband from the Register.

The route will be announced Saturday, January 29. You can check that and other RAGBRAI Info at www.ragbrai.org.

The dates for RAGBRAI are July 24 - 30. As always, our charter will depart Marshalltown Saturday morning (8:00 a.m.), July 23.

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.

Dana Bresler

2004 Mileage Awards:

The 2004 Mileage Awards will be presented at the March 9 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 couple of weeks, 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). Last year we recorded 141,000 total miles for our club with 89% reporting their mileage. Our goal is to continue to increase the number of members keeping track of and reporting their mileage each year and to get our total club mileage up to a cool quarter mil (250,000 miles). We can do that!

Ride the Cow Bus to BRR, February 5:

There is a standing offer from Pat and Gabrielle Coughlin to ride the Cow Bus to BRR. Here is their message: "Anyone interested please meet us at Miller Junior High and plan to leave around 7:30 AM. We can carry 10 bikes on top and so far our tandem is the only bike going FOR SURE. That means nine open spots! We will have the generator running with coffee and hot chocolate, Yee Ha! If you want to guarantee your spot e-mail or call us. coughlin6690@msn.com 641-753-6690 or 641-485-1707. Hope to fill er up!

Pat & Gabrielle

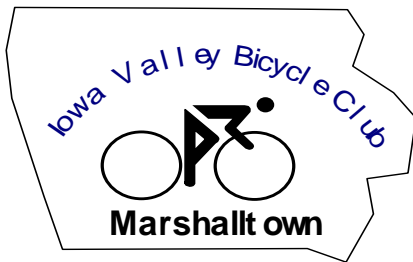
TEAM COW and IVBC ROCKS!"

Iowa Valley Bicycle Club

P.O. Box 927
Marshalltown, Iowa 50158

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

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Date	Time	Event	Place
Feb 5	8:00 a.m. Reg 10:00 a.m. Ride	28th Annual BRR Ride See www.bikeiowa.com for details and registration online	St. Patrick's School Gym 5th & Lucinda, Perry, IA
Feb 9	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Feb 9	7:00 p.m. 7:45 p.m.	Regular IVBC Meeting - All club members welcome Bob Peterson on heart rate monitoring and target heart rate demo	Fisher Community Center
Feb 13	11:00 a.m. to 2:00 p.m.	Roller Races—See www.bikeiowa.com for details	Bike World—Merle Hay & Urbandale Ave, Des Moines, IA
Mar 9	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Mar 9	7:00 p.m. 7:30 p.m. 7:45 p.m.	Regular IVBC Meeting - All club members welcome Presentation of 2004 Mileage Awards Dave Huff will talk about 'Fit Kit' measurements and his custom bike business	Fisher Community Center
Mar 20	1:00 p.m. Reg. 1:30 p.m. Ride	Chil-I Ride Details on www.bikeiowa.com	Hy-Vee East, 1501 1st Ave East Newton, IA
Apr 16	10:00 a.m. Ride	18th Mayor's Ride www.ci.des-moines.ia.us/departments/pr/mar.htm	City Hall Des Moines, IA
May 14	9:00 a.m. Reg 10:00 a.m. Ride	Marshmallo XX	Riverview Park, North 3rd Ave Marshalltown, IA