

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 32 Number 2

June 2007

Message from the President by: Kris McKibben

Dear IVBC Friends,

Marshmallo turned out great this year!!! The weather finally cooperated and we had light winds compared to other years, sunshine, great food and a great turnout of 92 riders! Thanks to all who rode and helped support the ride. Also to all the great volunteers that we have! We couldn't have done it without you. Did you know that all of our profits from Marshmallo are used to help fund 2 important ventures. One is the helmet program for kids and the second is to help fund the trails system right here in Marshalltown. You may think that the trails are going nowhere right now, but that is wrong! We have some of the best advocates right in our club and they are working hard with our local officials to keep the trails system alive and growing. I want to especially thank Charlie Smith, Terry Briggs, Bob Peterson, and Marty Wymore for their hard work and passion for the cause. You guys are great! Keep up the great work! They have been attending meetings with the County Engineer, Board of Supervisors, Mark Smith and others to keep the trail project at the forefront. They are the voice of the IVBC. I am so happy that you are with the club. Thanks also to Brian Juel for stepping up to start a Sunday am ride for the summer. He will be leading the ride at 10 am Sundays from the old Y parking lot. Check the website for more info.

RAGBRAI promises to be a good one this year, I can just feel it! Our charter is full with 110 participants from all over the US, Canada, England, and Greece. The committee is making plans, setting departure times, lining up the goodies, and making the reservations. If you would like to help, you are more than welcome. We meet at 6:30 before the Board meeting on the 2nd Wed. of the month.

IVBC recently had its first campout of the year, our annual trek to Saylorville. It was a smaller turnout than some years, but we still had a good time and the weather was really nice after the rain quit on Friday. Four die-hard souls rode to Saylorville on Friday amidst the rain, Tom Kurth, Dave and Matt McKibben and myself. I had taken the day off from work to ride and by gosh, I was going to ride! The rain only lasted half the day. By the time we got there, the sun was out. It was good Ragbrai training! They say that you should at least ride in the rain sometime so that you know how your bike behaves in the water. Mine behaved very well thank you. So did everyone elses. Sunday morning 4 souls rode home again. This time it was Dave McKibben, John Eich, Dana Bresler and myself. It was great to see Dana on the bike again and riding quite

Continued page 2

Final Membership Renewal Notice for 2007

This is the final notice to those who have not renewed their membership for 2007. If you have a red dot in the corner of your newsletter label, our records show that you have not renewed your membership yet. You received a renewal form in the last newsletter. If you can't find it, let me know and I'll mail you one, or you can find one on our club website at www.marshalltownbikeclub.com. Once again, 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.

Inside this issue:

RAGBRAI Loading Schedule 2

Thank You! 2

2

RAGBRAI Information 3

Helmet Replacement Policy 3

Schedule of Events 4



Always Wear A Helmet

IVBC RAGBRAI XXXV Bus & Semi-Truck Loading & Departure Schedule

Departure – Saturday, July 21, 2007 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.

6:30 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.
7:15 a.m.	-	Load the buses with luggage and passengers – Conduct final headcount
7:30 a.m.	-	Depart for Rock Rapids, Iowa. Remember to bring some snacks if desired, as there is no stop planned.
11:30 a.m.	-	Arrival in Rock Rapids. Everyone is needed to assist in unloading bikes so the semi can leave ASAP.
5:00 p.m.	-	IVBC Charter (Team Tom) Wine/Beer/Pop and Cheese Social in camp. Meet your fellow IVBC RAG-BRAIers and have a little fun – Drawing for wonderful door prizes

Departure from Bellevue – Saturday, July 28, 2007

2:45 p.m.	-	Start boarding busses and taking headcount
3:00 p.m.	-	The busses and semi will be leaving promptly
6:30 p.m.	-	Arrival back in Marshalltown (time approximate)

Marshalltown Area Hotels - www.marshalltown-lodging.com

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

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

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

Economy Inn Motel, 515-752-5485

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

Thank you!

As many of you know, March 18, during the Chili Ride in Newton, Iowa I fell and fractured my pelvis, cracked a couple of ribs and busted my helmet. I was on a walker first and then crutches for 8 weeks. I am happy to report that I am now healed and back riding again. After the accident, I was flooded with get well wishes (emails & cards) and my cycling friends fed me, took me to the doctor, and took care of my yard work. Anyway, I just want to thank everyone for the support - you are really special people. Dana

p.s. One thing I learned from my accident - it is very expensive to ride around in ambulances!

President's Message

well. Congrats Dana on your recovery! We battled a tough headwind for a portion of the ride, but Tom & Sara kept us well fed. (When Tom quits riding the bike, we're hiring him out for SAG driver!) Clouds kept passing overhead and we found wet pavement at times but we never got in any rain until State Center. After our break we got nailed as we left town. Oh well, at least most of the ride was done. Thanks to everyone who attended the campout. The next campout will be in August. Details will come out next month. Hope you can make it!

Meanwhile, we have a very large group going with IVBC this year for Ragbrai. Train well and don't let the 'flat' fool you. Without hills, you have to pedal more, (less coasting downhill) and if there is a headwind.....well, all I can say is keep training! Take in some longer rides on the weekends and some large group rides too. Practice 'holding your line'. Read the tips list for more info and check out the Ragbrai website for Ride Right info too.

Happy Trails - See you on the rides, I'll be on a blue bike now! Kris

RAGBRAI XXXV**July 22 - 28, 2007**

Welcome everyone to the IVBC RAGBRAI Charter (Team Tom). Some of you have ridden with us many times, some have ridden RAGBRAI before but new to our charter, and some have never ridden RAGBRAI before. We have riders from all over the US, from Canada, England, and Greece. We have riders from every walk of life - we have teams of father/son, father/daughter, husband/wife, friends, siblings, college rooms, business colleagues, and individual riders that just love to ride RAGBRAI. With this diversity of riding experience and personalities we are going to have a great ride across Iowa!

In this article I want to give you or point you to information about RAGBRAI in general and about the operation of our charter specifically. First of all, hopefully you have your bike in good shape and you are well into your training to get your body in shape. Nothing prepares you for RAGBRAI better than time spent riding your bike in windy conditions, with heat and humidity, and a little rain thrown in for good measure. It's generally recommended to have ridden at least 500 miles before the start of RAGBRAI, but 1000 is even better. The more miles you have ridden before RAGBRAI, the more likely you are going to tackle each days ride with relative ease.

In addition to muscle and cardiovascular conditioning it is also very import to get you bottom used to sitting on your bike seat for hours at a time - once again, only time on the saddle will develop that conditioning. To aid with this, I highly recommend the use of biking shorts. They are designed to provide a smooth, non-chafing surface between you and the bike saddle. Regular street clothes or exercise gear tend to bunch up and gather and you end up sitting on a garment seam or wrinkle causing chafing and discomfort. Sun is another thing that you must prepare for. Proper use of sun tan lotion during your training will help develop a base tan before you start RAGBRAI - lip balm with tanning lotion is also helpful.

Other RAGBRAI Information that will be helpful:

- The Bus & Semi-truck Loading and Departure Schedule (see page 2)
- Our "RAGBRAI Tips List". A two page sheet with helpful hints for first-timers and veterans alike.
- A complete roster of the riders on our charter this year is included with this newsletter
- www.ragbrai.org
- www.marshalltownbikeclub.com

Please read through all this information carefully and if you have **any** questions call (641-753-3114) or email me at ivbc@mchsi.com.

For those riders who purchased their RAGBRAI credentials through IVBC, I have received all the registration materials from the Des Moines Register and you will receive them (wristbands, bike tags, etc.) in the parking lot as we load our bikes and board the buses Saturday morning, July 21. If for any reason you need your RAGBRAI #, you can get it at www.ragbrai.org or give me a call.. I have also received the jerseys for those that ordered them and I'll mail or deliver those to you this week .

Once again, welcome and I'm looking forward to a great RAGBRAI. Our Charter is full this year - so, going out, every seat on the two buses is taken and each day our Ryder truck will be very full. So the words of the day are patience, cooperation, flexible, relax, and everything will work out just fine. We are gong to be traveling and camping is very close quarters, please be respectfully of other's belongings and space. I am looking forward to seeing everyone at 6:30 a.m. on July 21.

Dana Bresler

New Helmet Replacement Policy

As a result of my accident, the IVBC Board voted to establish a Helmet Replacement Policy. The club will pay up to \$100 toward the purchase of a new helmet to any current club member that breaks their helmet as a result of an accident. All a member needs to do is send a picture of the damaged helmet, details of the accident, and a copy of the purchase receipt to IVBC, P.O. Box 927, Marshalltown, IA 50158. This really was not my idea, but I think it is a great idea. Anything to support the wearing of helmets by our club member is a great idea. I hit the road doing about 20 mph and my head hit the road so hard that I shiver to think what my condition would be today if I had not had a helmet on. Trust me, helmets really work and once they have done their job, they need to be replaced. Dana

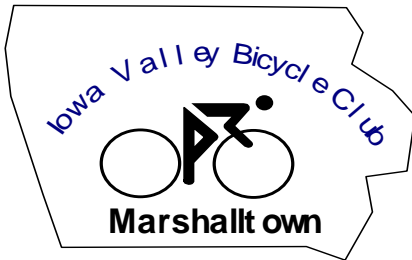


Iowa Valley Bicycle Club

P.O. Box 927
Marshalltown, Iowa 50158

Phone: 641-753-3114
Email: ivbc@mchsi

On Your Left!



Date	Time	Event	Place
Jun 23	8:30 a.m. Sign in 10:00 a.m. Ride	5th Annual Cycling for YSS - Family Ride - Sign in at Mega 10 Park - Noon Kiwanis will cook pancake breakfast - ride to Riverview Park	Mega 10 Park, Marshalltown to Balloons & BBQ at Riverview Park
Jun 23	6:30 a.m. Register 7:00 a.m. Ride	Swine Trek 2007 - 25,50,75, & 100 mile rides - for complete info and registration form see: www.hawkeyebike.com	Pleasant Creek State Rec. Area Palo, Iowa
Jun 23	8:00 a.m. Register Ride whenever	22 Annual Sturgis Falls Ride - 8, 20, & 40 mile rides - some of the ride on the RAGBRAI Route www.bikeiowa.com	Gateway Park, 1st & Main Cedar Fall, Iowa
Jun 30	8:00 a.m. Register 9:00 a.m. Ride	Best Dam Bike Ride - 30 & 50 mile rides www.bikeiowa.com	410 West First Street, Band Shell Ankeny, Iowa
July 4	7:00 a.m. depart 10:00 a.m. Parade	IVBC Club Ride to Gifford Parade - Pancake Breakfast in Union - ride on to Gifford and participate in parade.	Marshall County Courthouse
Jul 7	7:00 a.m. Register 8:00 a.m. Ride	Hiawatha Classic 40 mile ride, breakfast served at 7:00 a.m. , www.bikeiowa.com	Pattee Park Perry, Iowa
Jul 7	7:30 a.m. Register 8:00 a.m. Ride	BRISC (Bike Ride In Story City) - 72, 48, and 20 mile rides After ride food and entertainment at The Cottage on Broad www.bikeiowa.com	Downtown Story City, IA
Jul 8	7:30 a.m. Register 9:00 a.m. Race	11th Annual Cornman Triathlon - Call Tom Kurth (752-1148) to volunteer to help	Union Grove Lake Youth Center
Jul 11	6:00 p.m. 7:00 p.m.	RAGBRAI Meeting Regular IVBC Monthly Meeting - All club members and guests welcome	Fisher Community Center Marshalltown, Iowa
Jul 14	7:00 a.m.	RAGBRAI Trainer - 70 miles - Mtown to Ames and Back - Lincoln Hwy	Marshall County Courthouse
July 21	7:30 a.m.	Depart for RAGBRAI XXXV - Rock Rapids to Bellevue	Marshalltown Comm. College
Aug 4	9:00 a.m.	Pat & Gabrielle Coughlin (Team Cow) will lead "Ten Trail Tour" - a tour of the trails in Des Moines 52, 70, 86, 100 mile options	Park Ave & George Flag Pkwy Des Moines, Iowa