

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

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January 2006

Message from the President by: Kris McKibben

Dear Friends in the IVBC

Another year has come & gone, another year is starting. It's time to look forward to another cycling season, get prepared for the upcoming rides, make your goals (or resolutions) for what you want to accomplish this year. The IVBC will be doing the same! We will have a work-day planning session on January 22 from 2 - 4 p.m. at the Fisher Community Center to discuss just what we as a club want to achieve this year. We will be making some goals, and we want you to help us make them! Please plan to attend and help decide the future of the IVBC. *(from the editor: since this meeting has already taken place, you can read the minutes on our website)*

The year is getting off to a great start with the RAGBRAI meeting being held on January 15 in Des Moines. Dana Bresler will be attending this meeting. Also, the Iowa Bicycle Coalition will be hosting its second annual Bike Summit in Des Moines, February 2 & 3. Last year, this was a neat meeting with various speakers relating to all sorts of cycling topics. Looks Like the same this year! Check out www.iowabicyclecoalition.org on the web. I would like to see a handful if not several IVBCers attend. There is also an evening event, 'Bike Night' on Friday night, with Richard Schwinn speaking. If we can get 8 people to attend this and fill a table, the club will pick up the tab? If interested, contact me.

Watch for annual rides and events starting in February with the BRR ride and the Y Tri. If you don't do BRR, perhaps you can help at the Y Tri. Unfortunately, this year the BRR Ride and the Y Tri are both on February 4.

Don't forget our club functions! Thanks to all who attended the 10th annual Tour de Lites in December. Everyone that attended received a door prize - we had that many prizes! Ed Parker got the best-decorated bike award. At our January 11 meeting Ann Bresler conducted Red Cross CPR training for eight members. This is a valuable thing to know, especially when you are out riding. I'm still working on some programs for the upcoming months. If anyone has any ideas for programs or would like to present something, please contact me. I will keep upcoming programs posted on our website (www.marshalltownbikeclub.com). That's all for now, get that bike turned-up and keep in training. Kris

p.s. Please email your 2005 mileage to skurth@mailmis.com or call Tom at 641-752-1148, otherwise, Tom and his crew will be contacting you sometime this month to collect that info.

2006 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. Please consider rejoining as your membership helps our club donate to trail development and promote safe biking in our community. Thanks for your support, and we encourage all members to participate in club activities and meetings.

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Always Wear A Helmet



Rails to Trails by Charlie Smith:

Rails to Trails: On March 3, of 2005, the Union Pacific Railroad placed the line from Marshalltown to Steamboat Rock in Category I, which means the Union Pacific plans to abandon the line with the next three years. Ken LaFrenz, Terry Briggs, and Charles Smith attended a meeting sponsored by the Iowa Department of Transportation to explain the consequences of such action by the Union Pacific. If the Union Pacific petitions the Iowa Department of Transportation to abandon the line, public trail users have forty five days to file with the IDOT to negotiate with the Union Pacific to use the Right of Way as a public trail.

IVBC organized a meeting with Lisa Hein of the Iowa Natural Heritage Foundation to discuss the process with interested parties in Marshalltown and Marshall County. All local governmental agencies are aware of the process. There is local interest in Eldora to purchase the line to keep the line in operation. Should the line be purchased, the abandonment process would cease, and the line would continue to operate.

2006 Planning Meeting:

On Sunday afternoon, January 22, a group of us (10) met at the Fisher Community Center to discuss 2006 plans. Things discussed were: development of a calling tree, having more family oriented -more casual/social/shorter bike path type rides, continued support for helmet program - youth programs - local trail development - Iowa Bicycle Advocacy, and RAGBRAI charter enhancements. For more details see: www.marshalltownbikeclub.com under Newsletter tab.

“Survey Says!” This year along with collecting mileage data, we will be conducting a short survey. We want to see who wants (& sizes) shorts and jerseys, so Charlie can place a clothing order for this year. We’re wanting to know what kind of rides/events our members want.

10th Annual Tour de Lites, December 10, 2005

The good news is, there were 15 members at our annual Tour de Lites held at the Fisher Community Center; great food, great fellowship and everyone got at least one door prize. The bad news is the weather was really bad; cold, snowy, slick streets. Only two hearty souls rode; Dieter Butzloff, and Ed Parker. Ed got the prize for the best (only) decorated bike. Thanks Kris for making the chili. Take a look at the pictures on the website.

2005 Mileage Awards:

The 2005 Mileage Awards will be presented at the March 8 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).

In 2003 when Tom Kurth breathed new life into our Mileage Awards program, IVBC recorded 141,000 total miles with 89% of our membership reporting their mileage. In 2004 our total increased to 223,063 with 95% reporting 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 250,000 miles. We can do that! So, once again, please email me with your riding mileage in the categories outlined above. Thanks, Dana



July 23 - 29, 2006

As Kris mentioned in her "President's Message" Tom Kurth, Brian Juel, and I attended the Register's annual RAGBRAI Meeting, Sunday, January 15. The emphasis area this year was "what are the major causes of injuries on RAGBRAI?" Surprisingly, two things that are not major contributors are alcohol and experience/skill level of the cyclist. Guess what does cause most accidents - you guessed it! - "DRAFTING". Drafting is like a frag grenade. If there is a drafting crash, it not only involves the ones doing the drafting, but when they go down, they take down everyone around them. The other main contributors to injuries are "RUMBLES!" (riders darting from side to side to avoid them) and cracks in the road. One other area of concern this year, for the RAGBRAI organization, is riders venturing off the route. So, the message is: Ride Right - communicate your intentions - avoid quick moves - wear a helmet - stay as far away as you can from draft-lines - extra caution when approaching rumbles - stay on the route. All common sense but always worth repeating.

This will be the third 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. Our charter fee has increased this year to \$140 for our complete charter. This is due to our increased costs (primarily fuel) and we are adding an assistant driver and scout vehicle to go out early in the morning to secure better campsites.

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 (wristband/biketag). But you can still come to IVBC and register to ride with our charter after you get your wristband from the Register. Please note all fees (Register's and IVBC Charter) are due to me before February 26.

The route will be announced Saturday, January 28. You can check that and other RAGBRAI Info at www.ragbrai.org.

The dates for RAGBRAI are July 23 - 29. As always, our charter will depart Marshalltown Saturday morning (8:00 a.m.), July 22.

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

Winter Cycling on Sundays

I have received permission from the Community Y of Marshalltown to start a Sunday afternoon spinning/indoor cycling class. It will be from 2:00 - 3:00 p.m. every Sunday starting February 5 and will run through February and March. If you are not a Y member, you will be able to participate twice, on a trial basis, for free. Then if you hook up with a member you can participate three times as a guest. After that, it will cost \$3.00 per class. Bring a water bottle. About half the bikes have spd combination pedals, and the rest are regular pedals with toe clips. There are 15 bikes, and as always, it will be first come first served. The only thing that reserves a bike is you sitting on it. Placing a towel and/or water bottle on a bike does not reserve it. Come try it out - studio cycling is an excellent way to work off those holiday lbs. and start getting in shape for the upcoming cycling season. Dana Bresler

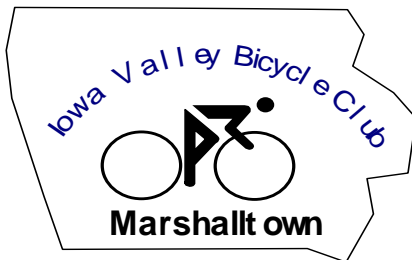


Iowa Valley Bicycle Club

P.O. Box 927
Marshalltown, Iowa 50158

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

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Date	Time	Event	Place
Feb 4	8:00 a.m. Reg 10:00 a.m. Ride	29th Annual BRR Ride See www.bikeiowa.com for details and registration online	St. Patrick's School Gym 5th & Lucinda, Perry, IA
Feb 8	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Feb 8	7:00 p.m.	Regular IVBC Meeting - All club members welcome	Fisher Community Center
Mar 8	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Mar 8	7:00 p.m. 7:30 p.m.	Regular IVBC Meeting - All club members welcome Presentation of 2005 Mileage Awards	Fisher Community Center
Mar 19	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 12	6:00 p.m.	RAGBRAI Committee Meeting	Fisher Community Center
Apr 12	7:00 p.m.	Regular IVBC Meeting - All club members welcome	Fisher Community Center
Apr 22	8:30 a.m. Reg 10:00 a.m. Ride	18th Mayor's Ride Details on www.bikeiowa.com	City Hall Des Moines, IA
May 6	8:30 a.m. Reg 10:00 a.m. Ride	NABR 2006 14, 32, and 43 mile routes Details on www.bikeiowa.com	Minsky's Pizza and Lounge Nevada, IA
May 13	9:00 a.m. Reg 10:00 a.m. Ride	Marshmallo XXI	Riverview Park, North 3rd Ave Marshalltown, IA