

# On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 30 Number 3

June 2005

## Message from the President by: Kris McKibben

Hello Friends at IVBC!

I can't believe that it's only 5 weeks til Ragbrai, can you? Hopefully you've been riding when you can. This spring has been a little difficult to get out easily what with all of the storms and rain. There are many opportunities for riding with groups available though. Just check out our website ([www.marshalltownbikeclub.com](http://www.marshalltownbikeclub.com)) or [bikeiowa.com](http://bikeiowa.com) and you can find more rides than you can ever dream about riding on. IVBC also has some small club rides/functions that you can do also. The spring campout at Saylorville on June 4-6 was well attended this year. Many thanks to all who came! The weather chased some of us away late Saturday night, but the days held up for some great rides. The Allianz Golf Tournament was also the same weekend, but didn't seem to affect the traffic around us. As usual, the food was great at the potluck on Sat. night. Rich and I rode on the Great Western Trail in DSM on Saturday. This is a fairly new trail with trail-head just on the southern edge of Water Works Park. It is 17 miles long and passes through Cumming and Martensdale. It was very nice. But back to camping. If you're upset that you missed the campout, you can still make the August campout on the 19. It will be at the Root River Trail in southeastern Minn. It is only a 3 hour trip there. See the website for info on how to reserve your spot today!

Ragbrai is quickly approaching. If you still need to get a seat on the bus, you'd better hurry and call Dana!! They are going fast. All tickets are sold, remember that if you can't make it, IVBC has people that want your ticket! Please notify us as soon as possible so that we can resell it. The route will be great! It's the 5th flattest of all time. Also, the towns are all small, which makes for a fun evening. We have some great door prizes for the wine & cheese party again this year!! Yes, you do need to be present to win!! We'll have around 100 people, so get ready to socialize! I can't wait to see all of our out-of-state friends again. Don't forget the annual Ragbrai Trainer Ride on July 16 this year. It will be approx. 70 miles. We are looking at routes for the ride.

Charlie is doing what he can to try to get the new club biking shorts here for Ragbrai. It will be close! IVBC this year will have bike shorts to match the jerseys, and socks too. Call him if you are interested. I can't wait to see Tom actually in some bike shorts? See you in 5 weeks! Kris

**Update on the shorts and jerseys:** We have very few pro fit jerseys left and a new order of club fit jerseys in stock. If you are thinking about a club jersey, the sooner you purchase, the better the selection of sizes. For those of you who ordered club shorts, they will arrive the week of July 11-- good news! They are navy blue, with white IVBC outlined in red, on the side panel. The chamois is Louis Garneau's best chamois, which you can find in their \$120 to \$160 shorts. The side panel is of different material, but the same color, consequently, there may be a minor color difference. However, as fast as some of you ride, no one will have time to notice. Right?!?! The jerseys cost \$45 and the shorts will be around \$55 (depending on shipping costs).

PS. A few extra women's shorts were ordered in order for us to get the lower price on a minimum order.

Charlie Smith

### Inside this issue:

<i>Spring Riding in Iowa</i>	2
<i>RAGBRAI Transportation Schedule</i>	2
<i>RAGBRAI Charter Information</i>	3
<i>Upcoming Events</i>	3
<i>Schedule of Events</i>	4



Always Wear A Helmet

## Spring Riding in Iowa (wind & cold rain)

**NABAR (Nevada Ride), May 7:** Well attended by IVBC. We had 13 riders participate. 5 of us rode over from State Center. Nice weather - no rain and even though there was some South wind, not near the problem it has been in the past.

**Marshmallo XX, May 14:** What can I say, Brutal SW Winds. If you were there, you know what I'm talking about. 25 - 30 mph steady wind, gusting to 40 mph. Coming back from Baxter to Melbourne it took me an hour to go 8 miles. We had a nice group of 10 riders come up from Pella - the were good riders. We need to support their ride, Tour de Rock on September 10. Mark you calendars.

**Best Dam Bike Ride, Ankeny, May 21:** Broke my #1 rule by starting the ride in a cold, steady rain. There were 5 of us fools from the club that rode. After about an hour it stopped raining but by then the mood was, "Let's just get this thing done".

**Memorial Day Ride, May 30:** Finally a nice day for a ride. Sunny with a slight South breeze. 10 riders rode from Ames, West through Pilot Mound, South to Ogden, and around through Luther and back to Ames. Lunch stop was at Don Williams County Park. There were only three hills but they were big ones, climbing out of the Des Moines River bottom all three times. Thanks, Rita Smith for providing the SAG service.

**IVBC Annual Saylorville Campout, June 3 - 5:** Once again, a nice weekend between rainstorms. It rained Friday and Saturday night but was nice during the day. 4 members rode down on Friday. Pat & Gabrielle and Lanny rode into Des Moines and back to get in a century. There were 6 camping vehicles and 4 tents. Nice day Saturday. Followed the Dam to Dam runners into Des Moines and went to the Farmers Market. Saturday evening, because of threatening weather, several campers and all but one (Mike Headley) of the tents packed and went home after the pot-luck dinner. Headley and I rode home Sunday going through Bondurant and up the bike paths. We had a nice 25 mph SW wind all the way home.

## IVBC RAGBRAI XXXIII BUS & SEMI-Truck DEPARTURE SCHEDULE

**Departure – Saturday, July 23, 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.

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 busses with luggage and passengers – Conduct final headcount
7:30 a.m.	-	Depart for LeMars, Iowa. Remember to bring some snacks if desired, as there is no stop planned.
11:30 a.m.	-	Arrival in LeMars. 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 Guttenburg – Saturday, July 30, 2005

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](http://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

July 24 - 30, 2005



## IVBC RAGBRAI Charter

As I write this the clock on the RAGBRAI website says that we have 33 days, 20 hours, and 49 minutes to get ready for the week long 485 mile ride (523 including century loop). Hopefully everyone is busy collecting their camping gear, tuning-up the bike, and doing some riding. I have received all the RAGBRAI material (bike tags, wristbands, etc) from the Des Moines Register and am putting together the packets you will receive in the parking lot before boarding the buses to LeMars on Saturday, July 23. I also received and I have distributed the RAGBRAI jerseys to those riders that ordered them. If you ordered a jersey with your registration and have not received it, please let me know.

Other RAGBRAI information included with this newsletter:

- The Bus & Semi-truck Loading and Departure Schedule (see page 2)
- A RAGBRAI Tips sheet. A two page sheet with helpful hints for first-timers and veterans alike.
- The latest rider list

Please read through all this information carefully and if you still have questions call (641-753-3114) or email me at [bikeride50158@yahoo.com](mailto:bikeride50158@yahoo.com).

The things that make for a good RAGBRAI are: a **nice route** (smooth roads, basically flat with just enough hills to make it interesting), **good weather** (85 during the day, 65 at night, low humidity, no rain - or maybe just a shower or two in the middle of the night, tails winds), **good campsites** (level, soft mowed grass, Kybos (portable toilets) within 200 feet - downwind, water within 100 feet, at least 2 miles from any rock band) but the **most important thing** is the **comradeship of our IVBC Charter Team**. What really makes RAGBRAI great is that perfect never exist. The challenge is what it is all about. It is always hot & humid, or raining, or windy, or hilly, or "my bike is broke", or "my butt is sore", or the campsite sucks. But everyone is in the same boat and with a little help from our friends and teammates we'll pull through just fine, thank you. So relax, be flexible, pitch in and have a great RAGBRAI! (Trust me, everything will heal up a week after RAGBRAI)

Dana Bresler

## Up Coming Events (reference event schedule on back page)

**Hiawatha Classic, Saturday, July 2:** Here's another ride that would make a good RAGBRAI training ride. It is a 40 mile ride that leaves out of Perry, IA. You can get the details from [www.bikeiowa.com](http://www.bikeiowa.com). I've ridden it several times and it is a nice flat ride. It is a rectangular route going South out of Perry (P58), then West (F31), then North through Dawson (P46) to Rippey and returning to Perry via the BRR route.

**IVBC 4th of July Ride:** This year we are going to ride in the Garwin parade. The plan is to meet for breakfast at the Marshalltown HyVee at 7:30 a.m. Depart for Garwin at 8:15. We need to be in Garwin by 9:45 for the 10:00 parade. If you aren't interested in breakfast or riding over, you can meet us at Farm Service (West side of Garwin) before the parade starts.

**9th Annual Cornman Triathlon, Saturday, July 10:** IVBC will be providing volunteer Road Marshals for the Cornman Triathlon at Union Grove Lake, Sunday, July 10. Please call Tom Kurth (752-1148) or Dana Bresler (753-3114) if you are willing to volunteer. Volunteers report at 8:00 a.m., race starts at 9:00 and wraps up around 11:30.

**RAGBRAI Trainer, Saturday, July 16:** At this time I know that the ride will be 70 - 75 miles and it will leave from the Marshall County Courthouse at 7:30 a.m. The exact route is yet to be determined.

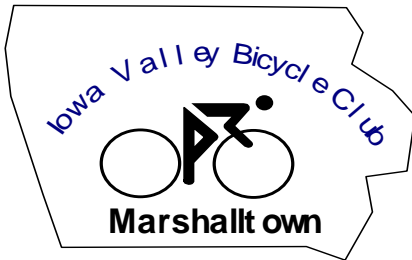


## Iowa Valley Bicycle Club

P.O. Box 927  
Marshalltown, Iowa 50158

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

### On Your Left!



Date	Time	Event	Place
Jun 25	8:00 a.m. Reg 8:30 a.m. Ride	Rainbow Cyclists Annual Tour De Sturgis Falls Bike Ride 12, 30, and 50 mile rides - more details see flyer on <a href="http://www.marshalltownbikeclub.com">www.marshalltownbikeclub.com</a>	Prairie Lakes Shelter Cedar Falls
Jul 2	8:00 a.m.	Hiawatha Classic Bike Ride - 40 miles See <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	Perry, Iowa
Jul 4	7:30 a.m. Brkfast 8:15 a.m. Depart	IVBC 4th of July Ride - breakfast at Mtown, HyVee - depart for Garwin at 8:15 a.m. - arrive Garwin 9:30 - parade starts at 10:00 a.m.	Ride in Garwin 4th of July Parade Meet at Farm Service
Jul 6	6:00 p.m. 7:00 p.m.	RAGBRAI Committee Meeting Regular IVBC Meeting - All club members & guest are welcome	Fisher Community Center, Conf Rm C
Jul 9	8:00 a.m.	BRISC Ride - see <a href="http://www.bikeiowa.com">www.bikeiowa.com</a>	602 Broad Street, Story City, IA
Jul 10	7:30 Registration	9th Annual Cornman Triathlon	Union Grove Lake
Jul 16	7:00 a.m.	RAGBRAI Trainer - 75 mile ride - Route YTBD	Marshall County Courthouse
Jul 23 - Jul 30		RAGBRAI XXXIII	LeMars to Guttenburg
Aug 10	6:00 p.m.	RAGBRAI Committee Meeting (wrap-up) Regular IVBC Meeting - All club members & guest are welcome	Fisher Community Center