

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

Volume 31 Number 2

June 2006

Message from the President by: Kris McKibben

Dear Friends of IVBC,

Here we are already into June! Where has the spring gone? As I write this, it feels like spring again. The weather is only 56 degrees. It just proves that saying about Iowa, "If you don't like the weather, just stick around a day, it'll change tomorrow." Hopefully between all this weather, you're able to get out and do a little riding.

Thanks to all who attended the spring campout at Saylorville the first weekend in June. We had great attendance and great weather. Seven people rode down to Polk City on Friday, and 3 rode back on Sunday. The following families/individuals attended all or a part of the campout- Kurths, Simbides, McKibbens, Juel, Bucklin, Briggs', Breslers, Smiths, Coughlins, Coughlins, Pennells, Lewis', Kubalskys, Petersons. If I missed anyone, I'm sorry. Thanks to the Kurths for making the reservations. Several attended the start of the Dam to Dam run Sat. am, and others rode into Des Moines to the Farmer's Market. The potluck Sat. evening was also a feast for everyone to enjoy, then lots of conversation around the campfire.

There will be another chance for camping out in August at the Root River Trail in southern Minnesota. The dates are Aug. 18 thru Aug. 20. We will be trying a different spot this year at Peterson. It's on east of Whalan, where we stayed last year. We have the entire City Park reserved for the IVBC. There are only 9 spots available for hookups, but plenty of tent spots are also there. For those not wanting to 'rough it', there is a Bed & Breakfast available in Peterson. Call Ann Bresler for the number if you would like. Also, please call me or e-mail me if you are attending so we can reserve a spot for you!

Ragbrai is quickly approaching! Please check out the tips list if you are going, there's always something new to learn! Be prepared for all, and I mean ALL kinds of weather!! Last year was a prime example. I was just so sure that it would be hot all week that I left any kind of long sleeve shirt, socks, sleeping bag, at home. Well, you know the rest of that story!! I was begging a ride to K-Mart!! Never again will I not take some cool weather gear! Also, remember that the Ragbrai Trainer Ride will be on July 15 this year. We'll be riding the YSS Metric Century since it got rained out. Will leave the cultural center (Old Y) at 9:00 a.m.

As many of you know, Rich and I are going to Wisconsin to ride on GRABAAWR and SAGBRAW this year. Also going are Bill Bucklin, LaVerne Paul, Lyman Schwarck and Kip Johnson. We hope to have a great time checking out the cheese factories and breweries. Tell you all about it when we get home! Have a great summer and I'll see you down the road! Kris

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Final Membership Renewal Notice for 2006

This is the final notice to those who have not renewed their membership for 2006. 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.



Always Wear A Helmet

Spring Riding in Iowa 2006

Mayors's Ride, Des Moines, April 22

NABAR (Nevada Ride), May 6

Marshmallo XX, May 13:

Memorial Day Ride, May 29:

IVBC Annual Saylorville Campout, June 2 - 4:

YSS Ride, June 10

Rose Festival Ride, June 17

Listed above are the popular area rides that have occurred thus far this riding season. We are now into our summer riding; going from cold, wind, and rain to sun, heat, and humidity. The rides this spring have either been really nice or really bad (weather-wise). The Mayor's ride and NABAR were very nice with warm weather and reasonable winds. It never actually rained on us during Marshmallo, but it was blustery, cloudy, threatening rain, and **cold**. It was 40 degrees when we left at 7:00 a.m. and it warmed all the way up to 48 degrees by the time we got in at 3:00 p.m. My fingers and toes never got warm. The Memorial Day ride fizzled - I think everyone had something else planned for the day. The Saylorville Campout was very nice - well attended and I think everyone had a good time. Seven members rode down Friday and three rode home on Sunday. The YSS Ride was cancelled because the weather was so bad. At start time the temperature was 48 degrees and there was a driving rain, 25 mph winds, and lightening. We are planning on riding the YSS metric century as our RAGBRAI training ride on July 15 (see the Ride Schedule). On June 17 there was a group of us (10 riders) that rode a northerly route in the morning end up at the Rose Festival in State Center. We enjoyed a little bar-b-q and music before finishing our ride back to Marshalltown.

IVBC RAGBRAI XXXIV BUS & SEMI-Truck DEPARTURE SCHEDULE

Departure – Saturday, July 22, 2006 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 buses with luggage and passengers – Conduct final headcount
8:00 a.m.	-	Depart for Sergeant Bluff, Iowa. Remember to bring some snacks if desired, as there is no stop planned.
11:30 a.m.	-	Arrival in Sergeant Bluff. Everyone is needed to assist in unloading bikes so the semi can leave
5:00 p.m.	-	IVBC Charter (Team Tom) Wine/Pop and Cheese Social in camp. Meet your fellow IVBC RAG-

Departure from Muscatine – Saturday, July 29, 2006

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

July 23 - 29, 2006



IVBC RAGBRAI Charter (Team Tom)

As I write this, the clock on the RAGBRAI website says that we have 30 days, 18 hours, and 18 minutes to get ready for the week long 444 mile ride. 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 Sergeant Bluff on Saturday, July 22. I also received and I have distributed the RAGBRAI jerseys to those riders that ordered them.

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.
- Des Moines Register RAGBRAI training article
- The latest rider list

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

I've already mentioned it in the opening paragraph, but it can't be said enough: the importance of body and bike! Get your bike checked out and turned up. It's a lot better to work on your bike in your garage or a bike shop than 15 miles from nowhere in blistering hot sun with no shade. Trust me, that's the only place you break down - never near any shade. Ride your bike! The more you ride before, the more you're going to enjoy RAGBRAI.

This year's ride is the seventh shortest, sixth most difficult (miles times feet of climb), and fourth in feet of climb. So, it's not going to be a cake walk. But who would want that - we like a challenge, right? Hopefully the weather won't be the challenge it was last year.

Once we roll out of Sergeant Bluff Sunday morning, July 23, we, as a RAGBRAI team, will have to deal with whatever the ride dishes up in terms of weather, camping, and riding conditions. That's the beauty of RAGBRAI. Working together as a team, we'll get through it just fine. Returning home with a sense of accomplishment, a good tan (bikers tan - looks good as long as you have shorts and a t-shirt on), and a few pounds lighter. You'll make new friends and load up with tons of great memories. RAGBRAI Ticket \$110 - Charter Fee \$140 - RAGBRAI memories \$priceless\$ Dana Bresler

Up Coming Events (reference event schedule on back page)

Hiawatha Classic, Saturday, July 1: 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. 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: Team Cow (Pat & Gabrielle Coughlin) is hosting a 68 mile ride from Audubon to Waukee; which is the third day of this year's RAGBRAI. Meet at the Dahls Grocery Store in Waukee at 8:30 on the 4th. If interested call Pat at 515-326-5650. For all the details see the flyer on our website www.marshalltownbikeclub.com.

9th Annual Cornman Triathlon, Sunday, July 9: Again this year, IVBC will be providing volunteer Road Marshals for the Cornman Triathlon at Union Grove Lake, Sunday, July 9. 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 15: Since the YSS Ride got rained out this year, we are going to ride it as our RAGBRAI Trainer. It will be a metric century (62.5 miles) leaving the Cultural Center (Old Y) parking lot in Marshalltown at 9:00 a.m. Additional miles can easily be added if one desires.

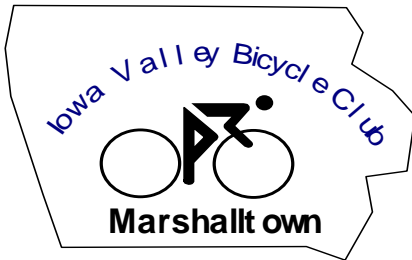


Iowa Valley Bicycle Club

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IVBC July Calendar

Date	Time	Event	Place
Jul 1	7:00 a.m. Reg 8:00 a.m. Ride	Hiawatha Classic Bike Ride - 40 miles See www.bikeiowa.com for details and registration form	Perry, Iowa Pattee Park Shelter
Jul 1	9:00 a.m. Ride	7th Annual Fire Cracker 40 - 27 and 39 mile rides; flat ride (no hills) See: www.bikeiowa.com for details	Marv's Grill & Bar Gowrie, IA
Jul 4	8:30 a.m. Ride	Pat & Gabrielle Coughlin are hosting a 68 mile ride from Audubon to Waukee—See: www.marshalltownbikeclub.com for details	Dahls Grocery Store Waukee, IA
Jul 8	9:00 a.m. Ride	Tour de Skunk - 40 mile Party Ride See www.bikeiowa.com for details	Ozzy's Bar Mingo, IA
Jul 9	7:30 Registration 9:00 Race Starts	10th Annual Cornman Triathlon - call Tom Kurth (752-1148) to volunteer to help	Union Grove Lake Youth Center
Jul 12	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 15	7:00 a.m.	RAGBRAI Trainer - YSS Metric Century	Cultural Center (Old Y), M'town
Jul 22 - Jul 29		RAGBRAI XXXIV	Sergeant Bluff to Muscatine
Aug 9	6:00 p.m. 7:00 p.m.	RAGBRAI Committee Meeting (wrap-up) Regular IVBC Meeting - All club members & guest are welcome	Fisher Community Center