

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

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Message from the President by: Kris McKibben

Editor's note: There are events that Kris mentions in this message that by the time you get this newsletter have already occurred. That's because she got her info to me on time and I'm late getting the newsletter published. Dana Bresler

I can't believe how fast this summer has gone! Already our RAGBRAI Adventure is over. I use the term 'adventure' because to me, this year's ride was an adventure. Friends will ask me 'How was Ragbrai?', and I can only say that this year was an adventure! From the soaring heat, to the unbelievable storms, and then the shivering cold between 4 and 5 am, what else can one say but that Ragbrai was an Adventure! For the 5 days that I rode though, the route was great, even the roads were great (except for the 20 miles of rough pavement before Lime Springs) and the days were fairly mild. You know, it still just boggles my mind when I stop to think how BIG Ragbrai really is. It's just amazing that you can ride all day and there are still bikes ahead of you and behind you. That they're coming in at all times of the day. That the road never is clear of bikes for the entire day! I guess that's what makes Ragbrai Ragbrai.

Well, with the season starting to shorten up everyone needs a reminder that last year Tom K. issued a challenge. The challenge is for every club member to ride 100 miles more this year and then IVBC may break the quarter million mile mark for mileage for the year. Now you've all been reminded, so get out there and do another hundred!! Speaking of which, and opportunity exists for that hundred with the IVBC Annual Century Ride in September. This year's ride will be on a Sunday cuz there's so many things going on, on Saturdays. One of those Saturday things is the Oktoberfest celebration. IVBC helps with traffic control for the 10K run and this year IVBC is going to try to enter the parade. Everyone wear their jerseys and shorts and socks too! We'll e-mail everyone &/or put it on the website about lineup, etc. If you can help with traffic control, call Tom or he will be calling you!

Earlier in Sept., on the 10th, Pella is having their ride, the Tour de Rock. A bunch of Pella people came to our Marshmallo Ride in May, and we think it would be great if a bunch of IVBC people could also support the Pella Ride. Maybe we can plan to carpool, etc. if anyone is planning to go, let Rita know to post it. Fall is always a nice time to ride, if anyone has some ideas for rides, just pass the word. I'm also in the process of trying to figure out some programs for the winter. If you have an area of interest, let me know, I'll work on it. Make sure to check the upcoming rides and events list for a ride near you!!

Happy Trails, Kris

Update on the shorts and jerseys: The clothing committee will meet during the winter to determine a clothing order for the 2006 outdoor biking season. With the current inventory, we will need an order of pro-fit jerseys, and another order of IVBC biking shorts. It would be helpful to the committee if you would email or call if you plan to purchase a jersey and/ or shorts for the 2006 season. I have some orders at the present; however, a more complete list would help the committee to place a more concise order.

The jerseys will be close to \$45.00 and the shorts close to \$55.00.

We will not place another order of socks as we have a few in inventory; consequently, if you want socks, I suggest you make a purchase as soon as possible. The inventory may not last. Socks are \$9.00/ pr.

If you would like to change the fit of your current jersey, I will sell your jersey for you and apply the sell towards the cost of a new replacement jersey. When you ride with IVBC, we want you to look good and feel good. Charles Smith 641-752-3929

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Always Wear A Helmet



Late Summer, Post RAGBRAI Riding:

Lewis & Clark Expedition: IVBC members Ken Lafrenz, Bob Peterson, Charlie Smith and Terry Briggs recently continued their ride westward following Adventure Cycling's maps of the Trail of Lewis and Clark. Starting in Ft. Thompson, South Dakota this year, they biked 612 miles, ending some ten feet into Montana! The route followed the Missouri River and the scenery was beautiful – the Oahe and Sakakawea Reservoirs surrounded by bluffs and expansive rolling fields of wheat, sunflowers and pasture.

Rides ranged daily from 60 to 90 miles with frequent stops at Lewis and Clark and native American historic sights. The belief that the Dakotas are flat was rapidly disproved – making Day 7 of this year's RAGBRAI seem easy. Grades of 7 to 9 degrees were common, with the longest hill measuring some 4 1/2 miles in length. Camping in State Parks, Casino and private camp grounds they were routinely serenaded by packs of coyotes. Meals were a bit of a challenge because of the lack of population centers along the route. Breakfast consisted of coffee, cereal and bagels at the camp sight, lunch was generally a peanut butter and jelly sandwich eaten out of the accompanying van and dinner was often spaghetti or macaroni and cheese cooked over Dana's camp stove. Nobody lost any weight as the meals were supplemented by various energy bars and drinks – along with an occasional beer (or four) in the evening.

One interesting biker met along the way was a retired gentleman biking solo and self contained. His ride had originated in Alaska in May and he was on his way to his home in St. Louis (and we think we are tough!).

Again this year, everybody had a great time and they are looking forward to continuing the journey next year.
Terry Briggs

Root River Campout: The club once again had a nice turn out for our Root River Campout in Lanesboro, MN, August 20-21. Kurths, Simbides, Breslers, McKibbens, Kubalskys, Geffes, Coughlins, Pennells, and Leroy Kester were in attendance. Beautiful weather with a hint of fall in the air. Everyone rode the bike path on Saturday and we had a nice pot-luck dinner and campfire that night. Relatively calm weekend; no burnt popcorn or flipping picnic tables this year.

Midwest Tandem Rally: We attended the Midwest Tandem Rally last weekend in Grand Rapids Michigan. 21 states and two countries were represented. 19 teams from Iowa, 500+ teams in all (that's 1,000 people for you single riders). The weather and scenery were absolutely beautiful. Gabrielle and I really enjoyed riding with other tandems for a change, except we pushed ourselves a little too hard the first day trying to keep up with the "fast ones" ha, ha. One day was an 85-mile round trip out to Lake Michigan and back. The other days were partly trails and roads. They offered several loop options each day to accommodate all levels of riders from a short 10-12 mile family ride, 30-40 mile loops, and the 85 mile loops. We wore our IVBC gear on Team Jersey Day as you can see in the picture in front of the lake. The Motel did not allow bikes in the room so they had a secure storage area across the street. I thought it made for a neat picture (see below). We also picked up a funny "tandem term", the people on the MTR Rally referred to single bikes (regular bikes) as 1/2 bikes. *(to view photos go to www.marshalltownbikeclub.com)*

Tour de Rock: Five club members rode in the Tour de Rock, Pella, September 10. Charlie Smith, Jim Christenson, Kent Geffe, Ken Stubbe, and Dana Bresler. The ride goes South and East to the little town of Tracy, then back to the Red Rock Dam, along the bike path on the North side of the Lake and back to Pella. 50 miles total. It was a nice ride in warm 90 degree weather with a lasagna lunch at the end. I think almost everyone won a door prize. Charlie won a smoothie from a local shop and I won a Salsa T-shirt.

Door County Century: Gabrielle and I attended our first Door County Century ride last weekend (Sept 10 -11) and it was awesome! The weather was unseasonable warm up north at 85 degrees, perfect. There were several IVBC's in attendance *(see pictures at marshalltownbikeclub.com)* sporting their IVBC gear. Lanny Neuse, Coughlin's, Eich's, and Peterson's. Lanny also had three friends riding, one who is an IVBC'er, but they left before the group photo. I think it was the nicest century ride we have ever done. Well organized, nice rest stops, good food & shopping, and of course the amazingly, beautiful scenery. We can't wait to do it again next year. Pat & Gabrielle Coughlin *Continue Page 3: DCC*

The "For What It's Worth" Department:

You can now ride along Hwy 30 from Shady Oaks Road to the new Le Grand interchange. There is a border along the side of the road with rumble strips and out side of that there is a three foot paved strip. You have to put up with the traffic, but it is safer than East Main. So now you can make a loop going the back way to Le Grand out East Main and back in along Hwy 30 and Shady Oaks Road. Check it out - Charlie Smith and I rode it this week and it's fine. We haven't ridden it yet but one should also be able to ride south from Garwin to Hwy 30 and then west on 30 to the Montour road.
Dana

Wrap-up Report



I didn't get to ride RAGBRAI this year but from everything I've heard and Kris's comments in her "Message From the President" it was really a rough one -certainly out of the norm. As I said in the last newsletter, before RAGBRAI, one should always expect some sort of challenge, but this appeared to be the "Perfect Storm" where several things came together to make things particularly challenging. To all that survived it, congratulations! Now, on future rides, when there is a storm, a mud puddle for a camping site, or a cold night and someone starts complaining, you can say, "This is nothing, you should have been here in '05; I've got scars to show you." This year ranks right up there with "Saggy Thursday" into Sigourney.

The IVBC RAGBRAI Committee, during our 2005 wrap-up meeting, has already started analyzing what we, as a charter organization, can do to improve our charter for the 2006 RAGBRAI. If you have an idea for an improvement please let one of the committee members know or email us at bikerider50158@yahoo.com. Even better, if you have an interest in helping improve things, let us know. We would love to have you join the RAGBRAI Committee. Dana

DCC From Bob Peterson: We started at 7:10 AM, with Lanny, John Eich, Pat & Gabriel. Lanny's brother in law and two of his friends started before us and we caught them before the 1st rest stop. After the 1st rest stop Lanny decided to ride with his brother in law and friends so the 4 of us took off. John and I had trouble with cramping. I sure am comfortable with drafting and did most of the day behind Pat & Gabriel, who have turned into a really strong tandem team. You should see the way they attack hills. At about 60 miles I began to cramp and by 94 miles I was done. My legs would not respond and I knew if I kept at it I would crash so I dropped out at my cousins on Glidden Drive. I did all the wrong things to prepare, like no lunch on Sat., not the right kind of food Sat. PM, very little liquid intake on Friday & Sat., not eating breakfast early enough to let my food digest before riding, having a bit of an upset stomach so riding food did not appeal and then not drinking enough at the very beginning of the ride, i.e. when riding and pre-ride. I had the strength but cramps. I recovered by drinking nearly a gallon of water and by 9:00 I was cramp free. There was about a 15-20 mph SW wind and the temp was in the high 80's and low 90's. In spite of that we averaged about 17.5 mph. Anyway we did have a good time. Nancy rode with Ginger Eich and the Bailey's from M'town and their son, who was in one of her son's HS class & who designs bikes for Trek. Nancy said he has designed Lance's bikes. Roger, my cousin, Nancy and I did do an auto tour of Washington Island on Sat. and that was really neat. Although, it would have been even better on a bike. Bob Peterson

IVBV Annual Century Ride, September 18: There were eight riders that left the courthouse at 7:00 a.m. last Saturday. They were John Eich (rider leader), Jim Christenson, Kent Geffe, Ken Stubbe, Pat & Gabrielle Coughlin, Ed Parker, and Chris Pennell. The ride consisted of two 50 mile loops out and back into Marshalltown. They did the north loop in the morning and the south loop in the afternoon. The weather was warm, taking it's toll on some of the riders.

Up Coming Events (reference event schedule on back page)

Another Dam Bike Ride, Knoxville, Oct 1: Pretty much the last organized ride of the season. 38 mile ride. Great Fall colors. Registration starts at the Recreation Center at 8:00 am. Ride starts at 9:30 a.m. Lunch served afterwards. See <http://www.marshalltownbikeclub.com/acrobat/ADBR2005.pdf> for registration form and other info.

IVBC Annual Meeting, Nov 4: Details to be firmed up but most likely at the UAW Hall again with a spaghetti dinner. After a short club business meeting there will be a program consisting of a DVD of the Lewis & Clark trip.

10th Annual Tour de Lites, Dec 10: Details also to be firmed up later. It will be at the Fisher Community Center with a chili supper and door prizes.

