

# RiverBend Bicycle Club Newsletter



Clinton, Iowa  
June, 2014

## FROM THE PRESIDENT

Happy June! The cycling season is in full bloom. I'm starting to see an increase in "Road Warriors" as the Gateway area starts to get some serious RAGBRAI miles with only six more weekends to train. I'm also excited to see the near completion of the Discovery Trail connecting Clinton to Camanche. There are only a few problem gaps in the final section that I hope will be finished by mid-summer. A very wise man suggested at the May meeting that we should have our Sunday club ride on the new trail when it is complete. That is a great idea and I hope to take it a bit further and organize a "Ride the Path Day" in conjunction with our club ride. I'd like to advertise and invite the public to join us or just jump on for a few miles with their families to christen the completed path. I really want the public to see our members' wonderfully friendly club personality. The more attention we can bring to cycling the better off our community will be.

I'd like to thank Randy Meier and Steve Schmit for our growing rapport with Carrie Donaire the director of the (Clinton) Convention and Visitors Bureau. Carrie is very interested in promoting cycling in the Gateway area and we are continuing a great relationship with that organization.

Promoting cycling and growing our membership are high priority tasks this year. If we are going to grow the club, we still have to keep our current members involved. I recognize that a large section of our membership doesn't live in the Gateway area. There are many of you that read the newsletter every month as we talk about club rides and local items. I really want to thank you for your membership and extend an offer to let your voice be heard on a variety of topics. If you have experienced an event or way of thinking that will promote the club locally or abroad we'd love to hear from you.

Another very wise man told me that extending the club's membership is imperative because the next leaders of this club may not members yet. We have to find them, impress them, and inspire them join the club and get them involved to keep this organization vital. I invite all local members to try to bring a friend or to a club meeting, ride or social event. If you are a remote member, and you know somebody who might like to ride RAGBRAI in the future, please point out to them that joining our club this year means that you don't have to enter the lottery to get a RAGBRAI wristband next year.

And thank you all for belonging to the Riverbend Bicycle Club. Let me know how you think we can make this club better as we pedal into the future together.

-Joe Raaymakers

## SHARE YOUR FAVORITE RIDE

We love reading about the rides in and around Clinton, but we know that many of our members do not live in the Clinton area. If you are one of the remote members of RBBC, why not send us a note about YOUR favorite ride in your area? Your ride report can be any length and as detailed as you like. Send in some pictures and we will post them on the web site as well. The address is [info@rbbcclinton.com](mailto:info@rbbcclinton.com)

# YOU HAVE PUT OFF YOUR RAGBRAI TRAINING FOR TOO LONG—NOW WHAT?

You signed up for RAGBRAI in January, and you promised yourself that you would get in some quality saddle time this year to get ready. But now it's June and you realize that you have far fewer quality miles than you intended. Is it time to panic? Is your season already shot? Are you going to be able to ride RAGBRAI at all or is this the year you just stay home?

I asked myself that very question this week. What if I were in that situation. Is there still time? So I picked up a pencil, a calendar and a piece of paper and I tried to put together a training program. I was amazed at what I had when I had finished. It is possible to ride 1,000 miles between now and day one of RAGBRAI and do it without crippling yourself.

Here are my assumptions:

1. You need an intense training program to get ready for RAGBRAI.
2. You are fit enough to ride this program and then ride RAGBRAI. If you doubt this, now is the time to sell your wristband and start planning for next year.
3. You have the desire to ride the miles. If you lack the desire to train for RAGBRAI but are intent on doing it anyway, then that's OK, but this article is not for you.

In the coming months, I will share my complete training program to get ready to storm across Iowa in 2015. But this plan will get you ready to ride your bike across the state this year. This is wonderful news! There is still time to get fit and have a wonderful RAGBRAI in 2014!

	WEEK1	WEEK2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
DAY	6/9-6/15	6/16-6/22	6/23-6/29	6/30-7/6	7/7-7/13	7/14-7/18
MON	REST #	REST #				
TUE	15 miles	20 miles	25 miles	25 miles	20 miles	15 miles
WED	20 miles	25 miles	25 miles	25 miles	20 miles	15 miles
THUR	20 miles	25 miles	30 miles	30 miles	20 miles	15 miles
FRI	20 miles *	20 miles *	30 miles *	50 miles **	REST #	TRAVEL
SAT	30 miles	40 miles	50 miles	65 miles	65 miles	TRAVEL
SUN	30 miles	50 miles	60 miles	75 miles	50 miles	START
<b>TOTAL</b>	<b>135 miles</b>	<b>180 miles</b>	<b>220 miles</b>	<b>270 miles</b>	<b>160 miles</b>	<b>45 miles</b>

NOTES:

# ACTIVE REST! This does not mean ride the couch on Monday. Pedal around the block, walk the dog, go swimming, shoot some hoops, but do something.

\* or rest. This is true for every Friday except for July 4 when you ride 50 miles before the partying and fireworks start.

\*\* the weekend of July 4 – July 6 is meant to be the high point of this program with three long days in the saddle. They are set up 50, 65, 75, but you can rearrange them to suit your schedule.

So there you have it—a training program that is aggressive enough to get you trained in time for RAGBRAI, but it is graduated and periodized with a taper that starts in week 5 and continues through week 6. The grand total mileage? 1010! Even if you decide to rest instead of riding on the Fridays in weeks 1,2,and 3, you wind up with a total of 940 miles, and that should be enough.

Can you alter this program to suit your particular schedule and needs? Absolutely. Just make don't change the progression in total miles for each week. That total should go up from week 1 to week 4, then drop back in week 5 and fall off to almost nothing in week 6.

If you miss a day, it is probably best not to try to make it up, especially on a rest day. REST DAYS ARE SACRED! Don't mess with the rest days.

Email any questions that you may have to me at [rbbclinton@gmail.com](mailto:rbbclinton@gmail.com)

-Dave Spittler

*Dave held a USCF Coaching Certificate in the 80's and 90's and coached the Louisville Bicycle Club Women's & Junior Teams*

# Ride Schedule

Let's get those bikes out and ride some club rides! These rides will all start from the Shell station on the east end of Fulton unless otherwise noted. We will leave at 1:00 P.M. and will usually ride from 12 to 15 m.p.h. We will not leave anyone stranded. We usually make stops during the ride to keep everyone somewhat together. We are not racers just riders who have fun riding our bicycles together. In case of rain or inclement weather the ride is cancelled and will be rescheduled.

-Arlyn VanderEide

Saturday June 21 Leave Shell at 8:30 A.M. First day of summer ride. Ride to Erie, Prophetstown, Lyndon, Fenton, and back to Fulton. Lunch stop in Prophetstown. 50 to 55 miles

Sunday June 22 Leave Shell station at 1:00 p.m. Riders choice ride. Route is determined by those who show up to ride.

Sunday June 29 Leave Shell at 1:00 p.m. Ride to Rockwood Park ( Morrison loop) Rest stop in the park at the lake 30 to 35 miles.

Friday July 4 ride. 8:30 A.M. Ride to Port Byron on the trail and back. Rest stop in Port Byron at the bicycle statue. Wear your red white and blue. 50 miles

Saturday July 12 ride to Mt. Carroll. 8:30 A.M. Some hills. Return on Wacker Road to Savanna and then take the bike trail back to Fulton. Rest stop at "Land Of Oz in Mt. Carroll. Good RAGBRAI training ride. 50 to 55 miles.

Sunday July 13 Riders choice 1:00 P.M. Route is chosen by those who show up to ride.

Sunday July 20 Riders choice 1:00 P.M. For those who are sad or maybe glad they didn't go on RAGBRAI. Route will be chosen by those who show up to ride.

ADVANCE NOTICE: Sunday August 24 1:00 P.M. The RBBC annual Pie Ride from the Vander Eide farm. Route details will be in the August newsletter. Somewhere around 30 miles.

## WE NEED RIDE CAPTAINS!

We appreciate what Arlyn and Mary Sue are doing to provide our club with a ride schedule and all that entails. But it is time to tell them that they no longer have to do it by themselves. We need more Ride Captains leading more rides. Do you have a favorite ride that you like and know well? Why not invite you? Decide on a date let us know about it. If normal ride. BUT, if then you become that CAPTAIN! It is fun, an email to us through [info@rbbcclinton.com](mailto:info@rbbcclinton.com).



your fellow club members to ride it with and starting time and a starting point and nobody shows up, then it is just your one or more other club members show up, most valued of club members: a RIDE and it ain't that hard to lead a ride. Send our website. The address is

List your start time and location, how many miles you intend to do and whether the ride is hilly or not. It would be nice to provide turn by turn queue sheets to help keep your fellow club members from getting lost.

A GREAT CLUB has a GREAT ride schedule, but that won't be possible if the members don't volunteer.

### PLEASE WELCOME OUR NEW MEMBERS!

Stephen Barry ,Sylvania, OH; Lowell Blakne, Counce, TN;

Rick Roggendorf ,Clinton, IA; The Corpuz Family, Clinton, IA

The Krzeezowski Family, Clinton, IA; The Cullen Family, Clinton, IA

## WHAT YOU MISS IF YOU MISS THE CLUB RIDES

Club Ride, May 18, 2014

The weather was ideal for cycling, with sunny skies, 70 degree temperatures, and light wind: thirteen bicyclists and guests came to ride.

We left the Shell Station in Fulton heading North on the bike trail and then east on Penrose Road. With a left turn, we followed the bluffs North until we reached 3 Mile Road, north of Thomson. Several short stops were made to give everyone a chance to stay together. We pedaled west across Rt. 84 and then back to the South, past the prison, and into Thomson. A rest stop was made at Casey's in Thomson, and then we went South on the bike trail and back to Fulton for a total of 28 miles. It was great to see such a large group on this ride and it is always good to see new faces!

-Mary Sue VanderEide

Club ride May 25, 2014

Because of a south wind, the rider's choice destination for the six riders this Sunday was Cordova, along the Great River Trail. Riders agreed on the destination but forgot to clarify where the 'official' rest stop would be in Cordova. The first riders headed for the gas station along Highway 84, while the next riders continued along the trail to the rest stop by the river. Once that got straightened out, the group enjoyed their break (at the gas station) before heading back along county roads. Riders left Cordova on 157<sup>th</sup> Ave N, heading east. Then turned north on 250<sup>th</sup> St N and enjoyed a fine tailwind. At 171st Ave, riders again turned right and continued on until Meredosia Road. With a left turn onto Meredosia, riders again could enjoy the tailwind. At the Albany Mounds, it was back on the Great River Trail for the rest of the ride back to Fulton.

Club Ride June 1, 2014.

Six club members left the Shell Station, heading north on the Great River Trail heading for Savanna. It was partly sunny, warm and breezy. At the rest stop at the Thomson Causeway, Gregg Pessmann had a flat tire and stayed behind to change it, while the rest of the riders continued on. Some thunder, clouds and light rain led to a change of plans. The riders decided against going all the way to Savanna, instead turning right on Three Mile Road and then back to Sandridge Road and the trail. Unfortunately, that meant a headwind on the ride back to Fulton. While taking a brief stop again at the Causeway, Gregg returned from his detour into Thomson. With the group together again, we continued south on the trail. A side trip into the Lock and Dam added miles and a change of scenery to the ride. Luckily, brief pop-up shower we were keeping an eye out for held off until just after the ride was finished

Another ride to Savanna will have to be added to the ride schedule, especially since I discovered there is an ice cream shop in Savanna!

-Mary Bertrand

## Join the League of American Bicyclists

**The League of American Bicyclists** is the national organization for cycling and cyclists. When the League addresses national issues, it's influence is directly tied to the number of members it has on its roster. In addition, the League keeps its members informed on important matters that relate to cycling. We would like to see more RBBC members join and support the **League of American Bicyclists**.

To join the League go to the LAB website: [bikeleague.org](http://bikeleague.org)

## JUNE 2014 RAGBRAI UPDATE!

We now have 47 members and 44 non-members signed up with Riverbend one way or another. There are 79 on the bus and 51 camping with us. I still have 3 buses reserved, hoping to get more in June and July. Our target for camping is 130. We are about the same place we were last year on this date.



I met with Jon Fah the other day, and we talked about different scenarios if we did not fill the buses. He has a crew ready to go, but depending on how many riders we get we may change our vehicle configuration.

Personally, I have started my training program again. We had some family events that kept me off the bike for a couple days. But now that I am retired and not teaching summer school, I can ride every day. Hope to get around 800, but am starting slow. Got 26 mostly flat miles today. I plan to increase that on the flat until I am comfortable, and then go after the hills. This ride is flat. (I grew up in northern Iowa, but the end is very hilly. We go through what is called the driftless area. The last glacier didn't come through there, so the hills were not flatted out as much as north central Iowa.

I got a message from the parking people at Guttenberg. They would like to have all the parking reserved by June 15. So if you are riding the bus and driving to Guttenberg, get your parking place reserved. Go to: <http://guttenbergragbrai.com/>

I hope to get a detailed letter out to all the riders toward the end of June. In the meantime, make sure you and your bike are in tip-top shape. Take your bike to a bike shop and have them give it a tune-up. Get yourself in shape by riding. It takes longer to get in shape for us older folks. If you have any doubts about your fitness, see your doctor, nurse practitioner, or pa.

-John Bonte, RBBC RAGBRAI Coordinator

### **CLUB MEMBERS' MILEAGE AS REPORTED AT THE MAY MEETING**

<b>NAME</b>	<b>MILEAGE</b>
Joe Raaymakers	55
Sarah Raaymakers	20
Arlyn VanderEide	286
John Bonte	40
Randy Meier	954
Greg Pessman	170
Dave Spitler	1737
Trina Crabtree	1757

## **DO YOU WANT YOUR MILEAGE LISTED IN FUTURE NEWSLETTERS?**

Why should just the club members who are able to go to our club meetings get to have their mileage listed in the newsletter? It's just the way we've always done it? Well, maybe we could change that. As of now, the monthly mileage listing is available to any club members who want to be listed. Here is how we are going to do it. Each month on or about the day of the meeting, send email to our club Evernote Account at this address

[rbbccinton.6f2a971@m.evernote.com](mailto:rbbccinton.6f2a971@m.evernote.com)

In the subject put @mileage # (Month)

List your current mileage as of the day of the meeting in the email.

That is all there is to it. We will tabulate the results each month and either list them in this newsletter or post them on our website.

So, ride your bike, keep track of the mileage and send it in. Impress your buddies.

## MY FIRST RAGBRAI

My wife, Joyce, is an Adult Practice Nurse Practitioner and has stringent requirements to maintain her license. A good way to do that is with a conference - lots of CMEs a short period of time. So while on her way to a conference in 2001 she sat next to another APRN on her way as well. They got to talking and the conversation came to bicycling. Joyce and Marilyn Dean compared experiences and Marilyn must have found Joyce worthy so she said, "You guys should come and do RAGBRAI with Jim and me some time." They had the normal RAGBRAI discussion: 450-500 miles, across Iowa from west to east, last full week in July, been going on for a long time, riding with 10,000 of your closest friends. You know the drill. She brought those tidbits home and we decided to give it a try. We figured we could do it because the summer before we had a wonderful trip in Italy and Switzerland around the lakes and were experienced campers. Put those together and we figured RAGBRAI was doable.

If I had to condense the first ride (XXX-2002) into a few words they would be "shower" and "church supper." I will never forget the showers on the grounds of the old Mental Health Institute in Cherokee. The hot water came from a couple of huge, black rubber bladders that used the sun to heat. After a rather nice shower, though, you came into a large, dark green, canvas tent with a tropical rain forest micro-climate and the humidity frustrated your feeble attempts to push your arms through sleeves. You came out sweatier than when you went in. The shower situation has improved to the point where people don't talk about it as much but in 2002 it was a major source of discussion and Cherokee was the rock-bottom starting point. I may have gotten a car-wash shower that first year but they are getting hard to find as well. On the 2012 return to Cherokee, I have no shower memory at all.

The Deans were insistent on not patronizing for-profit operations so that mandated Methodist Lasagna, Lutheran Pork Roast and Baptist Spaghetti. Friendly church ladies with limitless jugs of lemonade, helpful teens raising money for a worthy cause, usually a trip that got them out of town, and that staple greenery of the basement - iceberg lettuce salads with radioactive French dressing. All these and more were burned into my psyche that first year. Since then I have learned the delights of the Hyvee and the cool welcome of an Elks Club where you can get something other than Bud Light or Miller Light but these delights were not on offer my first year with my inability to stray far from the Deans' sphere. Riding tandems, their group had the odd habit of swearing off (literally) the bicycle seat after getting in. This meant always using the shuttles. I still do occasionally but since our Connecticut group provides a SAG vehicle now for Riverbend we have the use of a car in camp. And, while it took me several years to figure this out, it is really fun to amble around the flat towns on the bike after dinner in the Iowa twilight that seems so much longer than anywhere else. It also allows you to get the mileage up to 500 which somehow seems more impressive than 480.

I have missed only one since then because of child-care responsibilities during the birth of my third grandchild and as I reflect on the experiences of Dick Moon, the least conversational bike rider I have ever known (?), I realize that it will come to an end probably when my body is ready but my heart and mind are not. It's the people of RBBC that have made it fun. You talk to the occasional resident or town librarian but you're gone in a few minutes. But every night when you roll into wherever the bright green flyers have directed you there is a popup tent, water, pop (I don't call it soda when I am in Iowa) and friendly people whose names you forget from year to year. That happens seven times every year and then you say goodbye, get on the road and head home. This the only way to spend that last full week in July.

—John Harmon

*My First RAGBRAI will be a regular feature of this newsletter but you have to help. Write an article about your first RAGBRAI, or anything else in cycling: your first century, your first club ride, your first crash, your first bike. You submit it and we will print it in a future newsletter. Get a byline, impress your friends, share your experiences here. See the rules for submission elsewhere in this newsletter.*

# **RiverBend Bicycle Club May General Meeting**

May 15, 2014 Meeting Minutes

President Joe Raaymakers called the meeting to order at 7pm. Ten members were present.

The April meeting minutes were read and accepted with three changes

Treasurer's report was given by Randy Meier.

## Committee Reports:

John Bonte provided the RAGBRAI update. Forty-one members and eighteen non-members are signed up with the club, and John is still getting e-mails and phone calls from riders. There is enough to fill one bus. Riders are taking advantage of the option to pay with PayPal.

Sarah Raaymakers reported the club membership is up to 82 members.

Mary Bertrand reported the bike rack committee is recommending the simple inverted-U design for bike racks installed in the downtown or Lyons area or at any local store. These can be purchased for about \$95. The price of having these racks made locally is being checked. Steve Schmit reported he recently met with Jessica Kinser, Clinton's city administrator, and Tom Krogman of Clinton's street department. They did not have any opposition to the installation of bike racks downtown, and suggested the club work through the new Downtown Clinton Alliance to decide where to locate any bike rack.

Chad Jensen is checking to see if the inverted-U racks could be made locally and what that cost would be. When the local option is known, the committee plans to include this information in a letter to merchants, encouraging them to install a bike rack at their business.

Randy Meier met with Carrie Donaire, of the Clinton Visitors Bureau. In addition to installing a bike rack near the kiosk along the riverfront, the CVB is planning to install a bike maintenance station there.

## Old Business:

Joe Raaymakers had nice article in the Clinton Herald for Bike Month. Handlebar Happy Hour will be Friday, May 16 at the Candlelight Inn from 5 to 8pm.

Randy Meier reported that the Bike and Build organization has updated the number of riders coming to Clinton. Currently, there will be 32 riders. Randy made a motion to amend the motion made at the April 2014 meeting and increase to \$350 the amount of money the club will spend for the evening meal for the Bike and Build riders. Mike Wilner seconded the motion, and the motion carried.

Good progress is being made on the segment of trail which will connect Clinton's riverfront trail to the trail along Liberty Avenue. Joe Raaymakers stressed that, once the trail segments are finally connected, it is important for the club to promote Clinton's trail. When completed, Clinton will have one long trail running the length of the city.

Arlyn VanderEide reported Union Pacific has put the new railroad bridge on a five year delay.

## Good of the Club:

Joe Raaymakers and Ron Peters attended the Community Christian Church meeting. Ron gave members advice on putting together a bike ride for the community, including possible routes and how to advertise the ride.

Mileage reports were given (see below). Dave Spitler would like those not attending the club's meeting to be able to report their mileage for inclusion in the newsletter. One solution may be for members to submit their mileage into the club's account in Evernote.com.

The club is always looking for additional members to lead club rides.

Randy Meier made a motion for the club to renew its membership with the Iowa Bicycle Coalition and pay dues of \$250. Motion was seconded by Joe Raaymakers. Motion carried.

A motion to adjourn was made by Joe Raaymakers and seconded by Randy Meier. The meeting was adjourned at 7:50pm. The next club meeting will be June 19, 2014.

-Mary Bertrand, Secretary

## THE MECHANIC'S CORNER—GET YOUR BIKE READY FOR RAGBRAI NOW!

If you are planning to go to RAGBRAI, there is much to do. Sometimes it is easy to lose track of all of the bike maintenance issues that need to be looked into as you get close to the date. Why not get all that out of the way in June?

Your bike really needs a thorough cleaning and lubrication. Sure, you got that done in early spring, but by now, you should have put many miles on that bike. It is time to do it all again.

Pay special attention to wheels, and tires. It was a rough winter and the roads reflect that. The tires that looked OK in March could well be starting to show tread by July. Carefully check your wheels for loose spokes or out of true rims. Check your brake pads: should you replace them? If you have rim brakes, how badly worn are those rims?

Your chain needs a good lube and needs to be checked for chain stretch: if you don't know how to check a chain, your mechanic does. While your mechanic has the bike, ask him to check the chainrings for wear. If you get a new chain, you will also want to get a new cogset for the rear wheel.



If this is your first RAGBRAI and you are traveling with the club, you know that you are expected to be ready to climb aboard the bus early on Saturday, July 19 to ride across the Iowa. You will also be told that we meet on Friday, July 18 to prepare the bikes for loading on the trucks to be carried across the state. Before your bike goes into the truck on Friday night, you have to turn the handlebars and pull off the pedals. Do you know how to loosen the handlebars and pull the pedals off your bike? More important, when was the last time either was done? The best plan is to pull the pedals, now, grease the threads and re-install them. At the same time, pull your seat post and handlebar

stem and grease them as well. (Either take measurements or mark your seat post and handlebar stem first so that you can get them back where they belong.) If you have never done any of this, find someone to help you do it right or take your bike to a mechanic.

Does your frame pump work? When was the last time you pulled it apart and greased the gasket? While your shoes and cleats are not technically part of your bike, they are important. Inspect both for wear and or deterioration. Replace broken down shoes or worn cleats in late June. If you use the Look or Shimano style plastic cleats, it is a good idea to bring a spare pair in your luggage along with whatever tool will be required to replace a busted cleat.

You have to have a headlight and a taillight in case you decide to leave camp before dawn or you get lost and wind up coming in to camp in the dark, right? Have you got fresh batteries for those lights? And do they work?

And if you are thinking about putting any new components on your bike, you definitely don't want to wait until late July to do that.

*The Mechanic's Corner is a monthly feature in your newsletter. The articles are not all written by professional bicycle mechanics. (But you had already figured that out, hadn't you?) If you know more than we do and are willing to share what you know with your fellow club members, please feel free to submit an article to be printed in a future newsletter.*

## WE NEED ARTICLES!

Have You Got a Story To Tell? Do You Have Pictures to Share?

Send 'em in. It is easy to submit a story for publication in this Newsletter. Type it in a text file. Send it in. That's all there is to it. If you are using Microsoft Word on a PC or Pages on a Mac, please save the article as MyStory.txt (or whatever your story is called.txt). Worried that your grammar and/or spelling might not be up to snuff? Please don't be: fixing the little problems is my job. This Newsletter can be a LOT more interesting and fun if you submit articles for me to edit and publish. So take pictures, write articles and send them to me, [davespitler@gmail.com](mailto:davespitler@gmail.com)

The Deadline for this Newsletter is the 5<sup>th</sup> of each month.



## Upcoming

## Events

**Morrison-Rockwood Trail, Morrison, Illinois:** Ribbon cutting at 12:30 PM Jet Crosby and Norrish Roads outside Morrison.

**Regular Club Meeting:** Thursday, June 19, 2014 7 PM at Happy Joe's Pizza

Pedaling For Pancreatic Cancer, Muscatine, Iowa, June 28, 2014. For info, follow the link:  
[www.pEdalingforpc.com](http://www.pEdalingforpc.com)

The Courage Ride, August 23, 2014. A ride to help fund Sarcoma research.  
[www.courageride.org](http://www.courageride.org)

GET THAT BIKE OUT AND RIDE. SEE THE RBBC RIDE SCHEDULE ELSEWHERE IN THIS NEWSLETTER OR ONLINE. [www.rbbccanton.com](http://www.rbbccanton.com)

## HELP WANTED

Volunteer Website and Facebook Administrators are needed to maintain and improve our website and Facebook Page. If you have the time and the talent, we need to hear from you. Applications are not being accepted at [info@rbbccanton.com](mailto:info@rbbccanton.com)



## RiverBend Bicycle Club Contacts

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Or contact any of the club leaders through our web site; [info@rbbccanton.com](mailto:info@rbbccanton.com)

**RIVERBEND BICYCLE CLUB--RAGBRAI XLII CHARTER RESERVATION** (without wristband) July 20-26, 2014

Please fill out this form; print legibly and include your email address, return it along with your check; checks should be made to RBBC/RAGBRAI to: RBBC/RAGBRAI PO BOX 1571, CLINTON IA 52733-1571.

When your registration form is received you will receive a confirmation along with some early information. Several weeks before the ride you will be sent a final letter that will include information and instructions as to where and when to meet for bike and bus loading. One form for each per person please.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ EMAIL: \_\_\_\_\_

Cell Phone Number (if different from above) \_\_\_\_\_ (so we can reach you on the ride)

TYPE OF BIKE: TANDEM ( ) ROAD BIKE ( ) RECUMBENT ( )  
TRIKE ( )

(This year there will be a \$20 charge for oversized bikes (trikes, recumbents, etc., but not tandems)

BUS. Includes bus ride from ending town to start town on Saturday, July 19, 2014 for one person, one bicycle and 2 bags. Limit size and weight of bags please. Please note that your baggage may be transported in a truck and not on the bus.

TRANSPORTATION. Includes moving baggage from campsite to campsite for the week.

Bus: \$105: \_\_\_\_\_

Transportation: (week long baggage) \$105: \_\_\_\_\_

Oversized bike \$20: \_\_\_\_\_

RBBC Jersey: Size (Circle one) Small, Medium, Large, Extra large \$60 \_\_\_\_\_

Total amount enclosed \_\_\_\_\_

Make check to: **RBBC/RAGBRAI**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you would like to pay without writing and mailing a check, go to <http://PayPal.com>. If you have a PayPal account, you can use it or establish one to pay through your bank account or credit card. Once you are into your own account, click on the "Send Money" tab. Then type in [ragbrai@rbbcclinton.org](mailto:ragbrai@rbbcclinton.org) and the amount of money to be paid to us. We still would like you to mail or e-mail the form to us. Mail to PO Box 1571, Clinton IA 52733-1571 or e-mail to [j.bonte@mchsi.com](mailto:j.bonte@mchsi.com).

**CANCELLATION POLICY: \$20 cancellation fee will be charged for cancellations before June 30, after June 30 and before July 10<sup>th</sup> the cancellation fee will be the cost of the bus. THERE IS NO REFUND UPON CANCELLATION AFTER JULY 10<sup>th</sup>!**

Anyone riding RAGBRAI should know the dangers of long distance bicycle riding on highways and assume the risks that go along with such activities. We can not guarantee road or weather conditions and riders should be prepared for the worst of both including but not limited to rain, thunderstorms, tornados, extreme heat, gravel roads, railroad crossings, mud roads and dangerous cracks in the highway. Riders are advised to wear approved helmets and other safety gear, drink extra water and wear sunscreen. Riders should be prepared for a week long 500 mile bicycle ride, have their bicycle in good working order and be physically fit for the ride.

All applications and waivers must be signed and dated, then returned to RBBC along with correct We cannot accept registrations that have not been signed. Have questions or need assistance please contact **John Bonte 563-242-4470** or email [j.bonte@mchsi.com](mailto:j.bonte@mchsi.com)

**RIVERBEND BICYCLE CLUB MEMBERSHIP FORM FOR 2014**

Yearly membership from January 1 through December 31

Full name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

( ) Check if you wish to receive your monthly newsletter *only* via email.

Your email address is important to us, if you have one please enter it.

We DO NOT share any information. You will receive emails from RBBC for club use only.

Phone number: (\_\_\_\_). \_\_\_\_\_. \_\_\_\_\_

Please list additional family members for family memberships: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I and any family members listed above understand that the RiverBend Bicycle Club, its officers, and activity leaders are not insurers of my personal safety. I understand that bicycle riding has personal risk and I thus release them from any and all liability arising from any personal injury, property damage, loss or inconvenience resulting from participating in RiverBend Bicycle Club activities or rides. ALL CYCLISTS RIDE AT THEIR OWN RISK AND ARE ADVISED TO WEAR A CERTIFIED HELMET!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent or guardian is required if primary member is under 18)

Please check:

Yes \_\_\_ I do want to be included in the membership directory. No \_\_\_ I do not want to be included.

Yes \_\_\_ I am a member of the League of American Bicyclists. No \_\_\_ I am not a member.

Club T-shirts are available at a price of \$10.00 each plus \$2.00 shipping. To view and purchase t-shirts please click on "CLUB APPAREL" on the club's website. Sizes Small, Medium, Large, X-large, and XX-large. Add \$2.00 for XX-large

Club riding jerseys are also available at a price of \$65.00 plus \$2.00 shipping. To view and purchase jerseys please click "CLUB APPAREL" on the club's website. Sizes Medium, Large, X-large, and XX-large. Add \$5.00 for XX-large. Please note NO small size jerseys are available.

Single yearly membership: \$12.00  
Family yearly membership: \$15.00

Please **do not use PayPal** for renewing your club memberships.  
**Be sure to include this signed release waiver with your mailed check.**

Total amount: \_\_\_\_\_

Please make checks to RBBC and mail to:RBBC/membership, PO Box 1571, Clinton, IA 52733-1571