

River Bend Bicycle Club Newsletter



Clinton, Iowa
May, 2014

When riding in an urban environment.... Take your lane

by Steve Schmit

The Clinton IA. Code of Ordinance, Section 81.04 states:

“Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles. All bicycles ridden on the roadway shall be kept to the right and shall be operated as near as practicable to the right-hand edge of the roadway.”

Let's look at that last sentence. Understand that the word practicable is not the same as possible. Riding as far right as possible is not always safe. Actually it's probably the least safe place to ride. When I'm riding in town I am not trying to ride in those last few inches of road of where the pavement and gutter meet. Generally I am riding just barely right of the right side edge of where the automobile would be.

Here are some reasons why many feel this is safer:

Reason 1: Predictability. By riding here I am able to hold a straighter line. The road is better, fewer potholes, I'm not swerving for storm grates or debris in the gutter, I'm further away from the door zone (an unexpected car door opening from a parked car), I'm not weaving in and out of parked cars.

Reason 2: Visibility. Since I am further out in the lane I am more visible to cars sitting stopped at an intersection. Drivers are looking in either direction seeking other cars. If you are hugging the curb you are more likely to be out of their line of sight.

Reason 3: Avoid Being Squeezed. If a car is going to pass me then it's going to be a deliberate pass and happen when it is safest for all of us. (Including oncoming traffic) By riding to the far right as possible you are inviting the squeeze. This is where the overtaking car will hold his line while passing you with oncoming traffic. This is a recipe for disaster. By riding deeper in the lane the driver will need to cross the center line. You will find that the passing driver is now giving you more room when he passes. Even the impatient ones

There is some sort of psychology at work here. A Rider who stays far enough to the right to allow automobiles enough room to pass without crossing the center finds that overtaking traffic is much closer than it will be if he stays out in the lane and forces cars to cross the center line to pass. A rider who forces overtaking cars to cross the center line almost always gets more room.

Reason 4: It's your Spot. When coming up to Stop Signs and Stop Lights by taking your lane you will hold your spot and force vehicles to stop behind you and not pull up alongside of you. Cyclists who allow vehicles to pull up alongside of them are back to inviting the squeeze. If there is a line of cars at a stop light, then every car behind the one that next to the cyclist will try to squeeze him between curb and vehicle and he will have no room for evasive action if there is something in his line ahead. The worst possible situation, and one that has happened to me more than once, is having a car pull up next to me at a stop with the intention of making a right hand turn.

If you are not used to traveling this way it may not seem like a safe place to you but think of like this...When we ride as far right as possible we are inviting the vehicle drivers to take unnecessary risks with our safety. We are also inviting them to look at us as a 2nd class user of the road. Part of changing driver behavior means changing some of ours. In this case I am suggesting that you be a little bolder in your riding habits. If you ride a little farther to the left and feel that you are impeding a driver or sense an impatient driver behind you, you can always signal a right turn, pull over and slow down to allow the driver to pass you safely.

WELCOME STEVE SCHMIT!

At the April Club Meeting, President Joe Raaymakers proposed that a new position be added to the Riverbend Bicycle Club Board: a Vice President for Communications. That proposal was approved, and nominations for someone to fill the position were opened. Steve Schmit was nominated and elected to the new post. This is significant because of the problems that we have experienced in the past two years getting our message out. Our website got hacked and went down, so we had no way to accept applications from folks wanting to travel with us on RAGBRAI. Our newsletter began to suffer as well. The club still functioned but it was difficult to find out what was happening or when. If there were club members who wondered whether we even had a club, it would be difficult to blame them.

Well, this is a bright, shiny new year. We have a functioning website, we have a newsletter. Most important, we have a new President who is determined that problems from the past are not going to haunt us into the future. And so, we have put all of our club's communications into the hands of one officer. If the newsletter does not go out on time, he will find out why. If there are problems with our website, our communications officer will see that they are addressed. If something needs to go up on our Facebook page, our communications officer will see that it happens.

This does not mean that Steve will produce the newsletter, run the website, manage our Facebook page all by himself. But he will find and recruit the people who will handle those functions and oversee their activities. It is a big, big job and one that is vital for a club that hopes to grow and thrive. Steve will need our help and support. Let's start by thanking Steve for agreeing to manage our club's communications apparatus.

Steve had actually submitted the article that appears on page 1 before he became our Vice President for Communications. It is a great article. Go back and read it again. It is on page 1 because it highlights one of the areas that we need to address as we move forward: cycling education.

FROM THE PRESIDENT

We haven't seen to many days over 70 degrees here in the Gateway area but it is May and National Bike Month. I would like to challenge everyone be involved and make in impact on one person to get them involved in Bike Week (May 12th -16th) or Bike to Work Day on May 16th.

I have a philosophy when teaching a Police Bicycle Patrol class that after those 40 hours the Bike Officers are now the "authority" on cycling in their communities and on their departments. When the public talks to a Bike Officer the conversation routinely turns to bicycle related questions or complaints about cyclist behaviors. Bike Officers have to able to talk about trails in the area, components, best bike brands and answer "why are you riding a Trek", because the public is always asking those questions. The trained Bike Officer also has to be the authority within his department keeping an eye on causes of vehicle vs. bicycle accidents and enforcing bike laws on both the motoring and cycling public. If the Bike Officers don't enforce the bicycle laws in the community it is unlikely that anyone will.

As a member of the Riverbend Bicycle Club you are the authority on cycling in your area too. I'm sure you have friends who don't ride but they know you ride and probably know that you are a member of a cycling club. I challenge you to talk to those friends and convince at least one of them to ride this month even if it's just around the block. Maybe that ride turns into a trip to the store or riding to work on May 16th.

I encourage everyone to stop in at Handlebar Happy Hour at the Clinton's Candlelight Inn on Friday, May 16th from 5-7pm. There will be a bar set up outside with light snacks and plenty of bike parking. It will be a great way to celebrate National Bike Month and remember how enjoyable it is to be back out in the saddle. Have a happy and safe Bike Month.

-Joe Raaymakers

Ride Schedule

IT'S SPRING!! IT'S SPRING! 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

Sunday May 18 1:00 P.M. Ride north along bluffs to 3 mile road and back to Thomson and Fulton. Causeway or convenience store stop, maybe even ice cream. Approximately 30 miles

Sunday May 25 1:00 P.M. Memorial day weekend. Wear your patriotic colors and ride in memory of those who have served our country. Route is chosen by those who show up to ride.

Sunday June 1 Leave from Shell station at 1:00 p.m. Ride to Thomson and Savanna all on bike trail. Convenience store stop in Savanna. 40miles

Saturday & Sunday June 7 & 8 TOMRV contact Quad Cities Bicycle Club.

Sunday June 8 Leave Shell station at 1:00 p.m. Tour Garden Plain township ride includes the only bike trail in Garden Plain township. Convenience store stop in Albany. 25 to 30 miles

Sunday June 15 Leave Shell at 1:00 p.m. Fathers day ride. Bring Dad along. Riders choice Route is determined by those who show up to ride.

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.

WE NEED RIDE CAPTAINS!

Many thanks to Arlyn for agreeing to host the rides listed in this newsletter. Now we need some other club members to step up and volunteer to lead a ride.

This is a bicycle club, folks! Bicycle Clubs have Ride Schedules and bicycle rides. Please, think up a great ride. Pick a start point, date and time. Write all that down and email it to us through our website. The address is info@rbccclinton.com. 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.

AND, HERE IS WHAT YOU ARE MISSING IF YOU DON'T COME TO THE CLUB RIDES...

On Sunday, April 27, six hearty souls showed up for the first scheduled RBBC ride of the season. With 30 m.p.h. winds and a threat of rain, the riders left Fulton, heading straight into the wind to Morrison. The ride was slow-going and a tough work out. A rest stop was made at Casey's in Morison.

We left town eager to find the new bike trail that starts at the covered bridge, and continues about a mile, to the entrance of Rockwood Park. The trail was very good but landscaping work needs to be finished yet.

Pedaling back to Fulton took only half the time, and some riders even missed the new trail. The tailwind was awesome! This was a challenging and fun ride of 30 miles. Come join us next time!

Arlyn & Mary Sue VanderEide

AND ANOTHER RIDE REPORT HERE...

After a morning shower, and temperatures in the 50's, the skies cleared for the 1 p.m. ride on May 4. However, no one came!

We rode our tandem North to Thomson on the bike trail to look at the sand prairie, where the grass fire was earlier this spring. Then we pedaled through the camp ground at the Causeway. While taking a break there, we met a very nice couple from Ontario, Canada that were camping, biking, and bird watching. They had a lot of information for us about bike trails in Minnesota and the strange antics of some birds at the campground. (comorants). Their knowledge and ambitions left us inspired.

On the way back, we took a detour out to Lock & Dam 13 to check the view. Coming back to Fulton, we met several other RBBC members out riding. With time to spare, we made a final loop around Fulton before ending this 25 mile ride. A very nice afternoon!

Arlyn & MarySue VanderEide

May 2014 RAGBRAI UPDATE!

We currently (as of May 4) have 41 members and 18 non-members signed up for RAGBRAI. I just signed the contract with Wiersema Charter Company for three buses. I hope we can fill them this year. Now that wristband numbers have come out, I am hoping for a surge in charter applications.

I really think the ride this year will be a pleasant one. Given the cold winter we had, I am thinking the summer will not be a hot. Since we are taking the northern route, it is usually not as hot in northern Iowa compared with southern Iowa. We are almost in Minnesota. Having grown up in northern Iowa, and having ridden the northern route several times, I know things will not be as hilly as the southern route. into Guttenberg, where we go where the last Glaciers did not go,



Do as I say, not as I do. We all variety of reasons I did not get out the first part of may, but don't when all the grades are in. After RBBC is "Ride With a Friend". ride with someone, and perhaps you can encourage each other to go just a little faster and on steeper hills.

The only exception will be the last day through the drift less area of Iowa. This is so they did not smooth out the landscape.

need to get some training miles in. For a in April at all. I hope to get out a little in expect to train hard until after May 21, that I will hit the road hard. The motto of What great advise. It is much more fun to

Unless you are a great mechanic, get your bike checked at your local bike shop. This will prevent some breakdowns on the road. Thank goodness for my wife and cell phones.

Please accept my apologies for not showing up at the last club meeting. To be frank, I just plain forgot. My mind was on the idea that the third Thursday was the next week. I am really sorry.

Hope to see you on the road.

John

(John Bonte, RBBC RAGBRAI Coordinator)-John Bonte, RBBC RAGBRAI Coordinator

MY FIRST RAGBRAI (Part Deux)

If you remember my story last month, in my desperation I told my wife that I was not going to RAGBRAI, my friend Mike was going to do that. The ploy must have worked--Rebecca and I just celebrated our 45th Anniversary, but from that point on, RAGBRAI was simply off of the table. Or it was until the fall of 2006.

A friend and I had been doing a lot of riding together. We had gone to a few tours in our area. We had ridden some with her oldest daughter and I had taught them basic bike handling, riding in pace lines, and such. One fall day after a great ride, Trina asked me if I had ever thought about going to RAGBRAI. She and her daughter wanted to go and her husband would feel a lot better about it if I went too. I told her my RAGBRAI story and said, "So you see, I can't mention RAGBRAI to Rebecca. But tell you what: I will go with you, but you have to get Rebecca to agree to it. If you are willing to ask Rebecca if you and your daughter can borrow me for that week, and she says yes, then I will go with you.

Rebecca has a greenhouse: that greenhouse and the plants in it are her most prized possessions. Every spring, she moves all of the plants out of the greenhouse and every fall, she cleans the greenhouse and moves all of her plants back in. Moving day is always a bear, but it has been easier since Trina and I started riding together because Trina always volunteers to help. So on a chilly fall day in 2006, as the three of us were moving the last of the plants back into the greenhouse, Rebecca turned to Trina and said, “You have been so much help. Thank You, Thank You, Thank You! How can I ever repay you?”

“Well, I want to take my daughter Sarah to RAGBRAI next summer. Can Dave go with us?”

Rebecca didn’t bat an eye. “Done,” she said.

And so, the three of us, Trina, Sarah and I applied to RAGBRAI and were accepted. We knew that it was going to be a tough week, so we trained hard. (To this day, daughter Sarah refers to the week around July 4th of that year as “Hell Week” but tells everybody she meets that the only way to go to RAGBRAI is to train for it the way we trained in 2007.)

We chose Riverbend Bike Club’s service to get us across the state and then haul our baggage back from day to day. I quickly realized that the business of getting to Iowa in time for bike packing and then being on time for the bus is a “Mission Impossible” scenario that does not allow for errors and we were nervous on the drive up, but we got through it and thoroughly enjoyed the bus ride across the state. We were appalled at the chaos we found when we reached our destination. Busses, trucks and cars were coming in from all directions, thousands of tents were pitched in practically on top of each other and people were wandering around looking for food, KYBO’s and the Expo.

The next morning, we left around 7 and got another shock: the mob on the road. I used to ride in crowds like that in events called Category 4 Criteriums. We got through the day, but we were in shock. That night, we discussed our situation over an excellent supper in a local church. Maybe if we got going earlier and rode really hard, we could get a bit of breathing room on the road.

We began morning 2 in the dark and followed a trail of red blinky lights out of town. The road was east, through a grey mist which seemed to get lighter by the second. And then a blazing sun popped over the horizon. It was breathtakingly beautiful. We skipped the first breakfast town and stopped in the second one and encountered the second miracle of the day: no line for the Kybo’s and no line for food, either! The entire day was magic, even the parts where we had to turn south and our lovely SW tailwind turned into a headwind (Glad for the hours we had spent training into the wind.). We got out of camp early and enjoyed every day immensely. The people were amazing, the food was outstanding and Iowa was beautiful. We loved every minute of it. And that was where we fell in love with “our” Iowa bike club, the Riverbend Bicycle Club. “If we ever manage to get back to RAGBRAI,” we said on the way back to Kentucky, “we are going with RBBC.”

–Dave Spitler

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.

EVERYONE DESERVES A GOOD KEDGE

Training programs are fine. We all have some sort of plan we are on. But what are we training for? What are our goals? What do we want to accomplish with all of our training? Without some sort of goal, some goal event to train for, we are just treading water. Every training program needs a Kedge. (As defined in “Younger Next Year” by Chris Crowley and Henry S. Lodge.)

Kedge is a term that comes down to us from the era of sailing ships. Sailing ships use the wind for energy to move from one place to another, of course. When there is no wind, the ship is “becalmed.” Normally, that’s OK. You just wait for the wind to come up. But what if you are close to a rocky shore and the tide is threatening to push your ship onto the rocks and there is still no wind to sail you to safety? That is a desperate situation and calls for a desperate remedy. In these situations, the Captain would order the longboat lowered and staffed with strong sailors. The ship’s anchor would be attached to the longboat, and the sailors would row as far as they

could away from danger (to the length of the ship's anchor chain) and then drop the anchor. Then the crew remaining on the ship would reel in the anchor chain, pulling the ship to the anchor. Then, they would pull up the anchor and do it all again over and over until the ship was safely out of danger. It was difficult, demanding work, dreaded by all sailors, but they did it when they had to avoid being shipwrecked. In "Younger Next Year," Chris Crowley defines a Kedge as an event that requires all of your strength, skill, experience and stamina to complete and leaves you exhausted at the end. The Kedge becomes the goal that you train for: it frames and defines your training program.

RAGBRAI can be a pretty good Kedge the first few times you do it (if you train for it: if you never bother with training, your 20th RAGBRAI can be as big a Kedge as your first). When RAGBRAI becomes part of your annual routine, perhaps another, tougher Kedge will be needed. The Ride Across INdiana (RAIN) comes to mind: "160 miles, one day, one way" is their motto. The annual "Assault on Mt Mitchell" might be another.

Trina and I just got back from riding the Mighty 400 over the course of TOSRV weekend. At 53 years, TOSRV (Tour Of the Scioto River Valley) is arguably the Granddaddy of all American bicycle Grand Tours. Because TOSRV is early in the season (Mothers' Day Weekend), the 105 miles the participants must ride each day seem long and the weather ranges from unpredictable to just nasty. I rode my first TOSRV in 1977: I have ridden a bunch of them since and every one has left me with a horror story to tell.

But 41 years ago, someone in Cincinnati thought "Hey, maybe 200 miles isn't enough. We could ride from Cincinnati to Columbus on Friday, then ride TOSRV, and then ride back to Cincinnati on Monday." The Mighty 400 was born. We have seen Mighty 400 folks (distinguished by their snazzy jerseys) at rides all over this part of the world and last winter, we contacted the organizer and asked if we might be welcome to ride with them...and what do we have to do to get one of those jerseys? As it worked out, we were welcome to ride and we could buy as many jerseys as we wanted. So we ordered the jerseys, committed to the ride and started to think about what sort of training program changes we would have to make for a ride this demanding. 400 miles in four days would be a stretch by early May. It might even be a Kedge.

We started off with 15 mph tail winds on Friday and Trina and I turned in the fastest century we had ever ridden on the tandem. And we weren't even tired. So far, so good, we thought. Saturday started cold and wet with headwinds coming out of the south, but we put our heads down and ground it out, finishing more tired and hungrier than after day 1 of TOSRV in the past. For day two of TOSRV, we got a combination of tail winds and side winds with rising temperatures. Then we got lost at the end and tacked on ten bonus miles. We knew that we were starting to wear down, but what the heck, we were almost done.

And then Monday, the day that we had all been dreading, arrived. The forecast was for 15-20 mph headwinds straight in our faces. There were thunder storms all night Sunday night and into the early morning hours, so the day started off cool and wet with some flooded roads and, of course, head winds. Then the clouds rolled away, the sun came out and the temperature rose into the '80's.

The ride that we faced might not have been too bad with fresh legs, but our legs were anything but fresh after 300 miles in three days and our butts were whimpering before they ever touched a saddle. By lunch, everybody was fried and we still faced 50 miles of headwinds. We finished around 4 PM a bit behind the first group in and much farther in front of the last ones. We were sunburnt, wind burned, dehydrated, salt streaked, saddle sore, and our legs didn't want to work right. Simply walking in a straight line was a challenge and going down stairs was a horror. But it was a Kedge. And those jerseys are NICE.

-Dave Spitler

PLEASE WELCOME OUR NEW MEMBERS!

Dan Anderson	Darien, IL
John Gilchrist	Cuyahoga Falls, OH
Matt Gilchrist	Cuyahoga Falls, OH
Dan Sear	Cypress, TX
Mary Walker	Clinton, IA

RiverBend Bicycle Club April General Meeting

Call to Order: President Joe Raaymakers called the April 2014 meeting to order at 7pm. There were twelve in attendance (including Dave Spitler via Facetime).

Approval of Minutes: The March meeting minutes were read. Gregg Pessman made a motion to accept the minutes as read. The motion was seconded by Randy Meier. Motion carried.

Treasurer's Report: Randy Meier handed out the Treasurer's report, which showed the profit from the Icicle Bicycle Ride. A motion to accept the treasurer's report was made by Ron Peters and seconded by Steve Schmit. Motion carried.

Mail & Communications: Joe Raaymakers read an email he had received from Ron Mussman, of the Community Christian Church, asking a member of the RBBC to attend the church's May 13 meeting. The church is wanting help planning a bicycle ride for the community. Joe asked for volunteers to attend the meeting.

Committee Reports RAGBRAI: John Bonte's report was read from the club's April newsletter. Thirty-one members and eleven non-members have already signed up with the club.

Icicle Bicycle Ride: Ron Peters reported that 55 riders took part in this year's ride. The club made a profit of \$800.

Newsletter: May 5th is the deadline for the May newsletter. Dave Spitler said he has received positive comments on the newsletter and articles for future issues. He appreciates both.

Membership: Joe Raaymakers reported club membership is at 78 members. Randy Meier added that memberships and renewals are still coming in.

Trail Commission: Randy Meier reported work has begun on a new trail segment that will connect Clinton's riverfront trail with the new trail along Liberty Avenue.

Old Business

Bike Racks for Businesses: Joe handed out copies of a letter he is drafting to be sent to area businesses concerning the number of cyclists who use their bikes for commuting and errands. The letter will encourage businesses to install bike racks as a way to make the city more bike friendly. There was discussion on the best type of bike racks and how the club could acknowledge businesses who purchase and install bike racks. Joe also reported that Clinton's Convention and Visitor's Bureau contacted him concerning installing a bike rack next to the kiosk on Clinton's riverfront.

Randy Meier made a motion that the club establish a Bike Rack Committee, which will look into where bike racks are currently located in the area, where they are needed, and how the club can partner with area businesses or organizations which buy and install a bike rack. The motion was seconded by Steve Schmit. Motion carried. Bike Rack committee members are Steve Schmit, Randy Meier, James Johnson and Mary Bertrand.

May Bike Week/Handle Bar Happy Hour: May Bike Month posters were available. The Handle Bar Happy Hour is scheduled for Friday May 16th from 5 -7pm at the Candlelight Inn.

New Business

Communications position: A motion was made by Joe Raaymakers to create a communications position on the RBBC board. This position would be responsible for keeping the club's website and social media sites updated. The motion was seconded by Randy Meier. Motion carried.

Joe nominated Steve Schmit for the communications position. Steve was unanimously approved.

Ideas on what a Business membership option is were discussed, including how a business becomes a member of RBBC, what they receive for their membership and how they could be recognized as being bike friendly.

Bike and Build sponsorship: Once again the club is being asked to provide the evening meal for the Bike and Build riders on their overnight stay in Clinton, July 5th. There will be 27 riders staying at the Erickson Center. James Johnson made a motion for the club spend up to \$300 to have the meal catered by the Corner Deli. Motion was seconded by Ron Peters. Motion carried. Club members are encouraged to attend the meal to meet the Bike and Build riders.

Good of the Club

Randy Meier reported he has accepted a position on the board of directors for the Iowa Bicycle Coalition.

Rich Vining is organizing a Lyons ride Saturday, April 26th. The ride will leave Jensen's Bike Station on Main Avenue at 10am. The route will be similar to the route used by Chad Jensen on his Lyons Rides.

Adjournment

A motion to adjourn was made by Ron Peters and seconded by Gregg Pessman. The meeting was adjourned at 8:15 by President Joe Raaymakers.

The next meeting will be at 7pm on May 15, 2015.

(Abstracted from the minutes of the meeting recorded by Secretary Mary Bertrand.)

CLUB MEMBERS' MILEAGE AS REPORTED AT THE APRIL MEETING		
NAME	MILEAGE	INSIDE MILES
Arlyn VanderEide	177	
Randy Meier	790	
Greg Pessman	75	
Ron Peters	52	325
Dave Spitler	806	
Trina Crabtree	826	

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, a lot of little things (and some big ones) are changing. It is time to make the mileage listing available to everybody. 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

rbbccclinton.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.

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

The Deadline for this Newsletter is the 5th of each month.

THE MECHANIC'S CORNER—WHAT SHOULD YOU CARRY?

The question of what to carry on bike rides will never be answered, really: the answer is personal and so varies from one rider to another. What one rider considers essential, other riders might not consider at all. Some cyclists want to be prepared for anything while others just carry a cell phone and hope for the best. Also, what sort of ride is planned can have a lot to do with it: most cyclists would carry much less for a trip to the park than for a self-supported trek across three states.

But there are still some basics beyond a spare tube, pump and tire irons. Do you know how to fix your bike if it breaks? Perhaps not, but you should still carry some basic tools. If you are sitting by the roadside wondering what to do, and somebody does come along who can fix your bike it will be nice to have the tools to do it with. The most important thing to decide is, what tools do you need for your bike. One of those multi tools is a good start, but once you get one, don't just put it into your tool bag and go for a ride. Check to see that your multi-tool contains all of the tools required to fix your bike. A lot of them do not have a big enough Allen Key to tighten chainring bolts or the right sort of screwdriver to fiddle with the little bitty screws that hold the jockey wheels on your derailleur. Develop a list of tools needed and add them to your tire bag.

How about a chainbreaker? If you are riding a tandem, you might want to think about carrying spare cables long enough to reach from the handlebars to the rear of the bike. If you are carrying those cables, you will need a cable cutter in the event that you have to use a long cable for the front brake or derailleur.

You might want a bit of rag to clean the gunk off of greasy hands. Suntan lotion is said to help remove that gunk: um, you do carry suntan lotion, right?

I carry a small tape measure to check seat post heights from time to time and some CR2032 batteries for headlights, computers, taillights and heart rate monitor chest straps. And lastly, I always carry a Cliff Bar or the equivalent to get me through in case of bonk on a long, hot ride.

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.



Upcoming Events

Regular Club Meeting: Thursday, May 15, 2014 at Happy Joe's Pizza
Annual Blackhawk Country Roads Invitational Tour May 24 & 25, Rockton, IL
Get ready for TOMRV and RAGBRAI. For information and registration: [Blackhawk Country Roads](#)

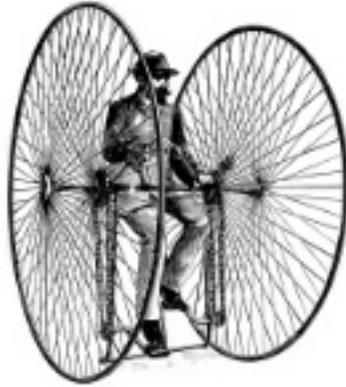
Pedaling For Pancreatic Cancer, Muscatine, Iowa, June 28, 2014. For info, follow the link: www.pEDalingforpc.com

The Courage Ride, August 23, 2014. A ride to help fund Sarcoma research.
www.courageride.org

GET THAT BIKE OUT AND RIDE. SEE THE RBBC RIDE SCHEDULE ELSEWHERE
IN THIS NEWSLETTER OR ONLINE. www.rbbccinton.com

HELP WANTED

VolunteerWebsite 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@rbbccclinton.com



RiverBend Bicycle Club Contacts

President: Joe Raaymaker raaymakers170@gmail.com 563.249-0312

Vice President: Gregg Pessmann gpmarbles@frontiernet.net

Vice President Communication: Steve Schmidt sschmit41@live.com 563.212.1766

Treasurer: Randy Meier rmeier563@gmail.com 563.357.5755

Secretary: Mary Bertrand mebertrand@hotmail.com

Newsletter Editor: David Spitler davespitler@gmail.com 502.931.4656

Membership: Sarah Raaymakers raaymaker@mchsi.com 563.249.3178

RAGBRAI Coordinator: John Bonte j.bonte@mchsi.com 563.242.4470

Or contact any of the club leaders through our web site; info@rbbccclinton.com

RIVERBEND BICYCLE CLUB--RAGBRAI XLI 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 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.

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

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

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