

RBBC Newsletter- April 2019

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Officer Report- we are seeking a new secretary, please contact the club email (rbbccclinton@gmail.com) if you are interested or would like more information.

Club Officers:

Co-President – Chad Jensen

Co-President- Annis Bear

Treasurer- Randey Meir

Membership- Joe Raymaker

RAGBRAI Chair- John Fah

Newsletter- Zane Pennock

Upcoming RBBC Ride Schedule:

- April 18th: Full Moon Ride & RBBC Board Meeting, 6PM Elijah Buell Terrace
- May 6th: Rec Trails Advisory Committee, 5PM City Hall (Open to anybody)
- May 13th-17th: Bike to Work Week

BIKE TO WORK WEEK: May 13th to 17th is National Bike to Work Week, RBBC will be promoting it with a chance to win prizes! Here's how to join in, every day that you bike to work take a picture of your bike in front of your place of work and post it to facebook with the hastags #nationalbiketoworkweek AND tag us @Riverbend Bicycle Club with the picture and include how many miles you rode in the post! Each post will get your name into a drawing for Rivercity Gold, and we will be giving away Rivercity Gold to the person who rides the furthest to work!

NEXT MEETING: Thursday May 16th, 7PM McKinley Street Tavern.

Do you need a cell phone to ride?

Remember when riding your bike was as simple as hopping on and pedaling until you couldn't anymore? You could go as far as your legs would carry you, no cell phones constantly connecting us to anybody trying to ruin our zen state of mind induced from the wind on our face and the sound your tires make rolling over the pavement. We would hop on the bike without a second thought, now there is the worry of your app not tracking your miles or time and your gopro running out of battery. Technology is slowly creeping into every aspect of our lives. We carry computers in our pockets, can be reached through a variety of methods at any given moment and are constantly updating, sharing and 'gramming' both our daily lives and our rides.

While some people may find this ever expanding reach of technology annoying, cumbersome or over indulgent if used correctly it can be a great tool and an asset. Social media sites can swing widely in either direction. They can be both frustrating and inspiring. Sites such as Reddit, Twitter, facebook and instagram can connect you to like minded cyclists where you can discuss popular trails, new gear, bike reviews, bike safety laws or share that awesome sunrise picture from your last ride or scope others awesome sunset pictures while you are stuck inside because of rain for the day. There's plenty of content out there to keep cycling at the forefront of your mind between rides.

Aside from social media technology is still very much prevalent in cycling. The following are just a few websites and apps that you may find useful to prepare for the upcoming season:

- Strava: A useful app to connect and compete with friends. Not only will it map your ride but it has the capabilities to collect and store your speed and time. Through this feature you can select a trail nearby check the leaderboard for top speeds and fastest times and challenge yourself to make the leaderboard yourself. It's not all about being the fastest though it can simply be used to connect with other friends and see their progress and recent rides as well.
- Ride Spot: This new app hosted People for Bikes mashes together pieces of Strava and Trails Link, Ride Spot allows you to establish routes, search for local trails or create challenges for others to take on. You can 'follow' other users and keep track of their rides. Rides can be filtered by length, location, elevation gain, surface type. The app can also be used to plan events and share them with others to spread the word.
- Travel Iowa: While it's not available via a mobile app the Travel Iowa web page does a great job outlining the trails around the state. Information for some trails can be a bit scant as it is up to the community to provide it but this can also mean much more information than what the other mobile apps provide, They often share trail tips such as where you can get food or drinks along the trails. While it is limited to Iowa other states have similar resources.

- Kolonishare: Have friends or family in town but they didn't bring their bikes to ride with you? No problem! Pull up your Kolonishare app to find the closest rentable bike in town. The Clinton bike share program has been in full swing for going on its second year and use of the bikes continue to increase.
- Trail-Link: Run by the Rails to Trails Conservancy, trail link covers trails far and wide and not just for cyclists but for ATV's, runners, horseback riders and snowmobiles just to name a few. Through the app you can filter for any of these different activities, length and surface type. It offers a plethora of information for each listed trail. It even offers sample itinerary for multi-day rides. It also offers the ability to download maps for offline use for those long trails that take you off the beaten path,

This is by no means an all encompassing list instead it is just a sampling of what is out there. Each offers its own perks, they can be used individually or in conjunction with one another. I find them most useful when planning for trips or looking for new routes to try out. If you prefer riding without being tethered to your phone or any sort of tech by all means enjoy the unencumbered riding that awaits! But if you are sitting at work day dreaming about your next big ride, or want to make sure you are fully prepared for your weekend outing you may find one of these apps helpful.

River Bend Bicycle Club
March 21, 2019 Meeting Minutes

- 2) The meeting at McKinley Street Taverne was called to order at 7:10 PM by President Chad Jensen. Those in attendance were: Chad Jensen, Annis Bear, Randy Meier, Lynn and Bob Donnelly, Zane Pennock, and Jean Roeder.

- 3) The last gathering of RBBC members was for our Full Moon Extravaganza, or Winter Party, on Feb. 19 at Manny's Too in Fulton. Twenty two people attended the party, and enjoyed reminiscing about past bicycle adventures. Many renewed their memberships-- (have you done that yet?), and several signed up for Icicle Bicycle, to be held March 23, and stocking hats with Icicle Bicycle logo were available for purchase.
 - a) The last Full Moon ride was Tues. March 19, with 5 members riding.

- 4) Randy Meier gave the Treasurer's report. Randy moved \$2,000 from the Ragbrai account to a 1st Gateway CD.

- 5) Jean Roeder presented information on the Pam Pray Memorial Run/Walk, which will be held Sun. April 7, 2019. Annis moved, and Bob seconded, to contribute \$100 again to this worthy cause, which supports the Make A Wish Foundation and Childrens' Therapy Center, which benefits local area children who can't afford physical therapy. Motion carried.

- 6) Mail & Communications: none to report

- 7) Committee Reports:
 - a) Rory Meyer has done a good job of publicizing the upcoming Icicle Bicycle event, by putting notices in the paper, on our Facebook page, and on KROS radio, etc. We're looking forward to a warm day (for icicles!) this coming Sat. March 23, with a well attended event.

- 8) Jon Fah of Argo Moving, Ragbrai chair, sent word that so far, the Ragbrai signup is on a par with last year's signup. Sign up through the Ragbrai site closes April 1. Two buses are reserved, with 9 signed up so far.

- 9) Zane Pennock reported that at the last Trails Commission meeting, that with resurfacing of two roads (Pershing Blvd, 18th Ave. N. to Main Ave., and 13th Ave. North 4th St. to 11th St.), they're talking about adding bike facilities to these roads. The members present thought that would be a great idea! Anyone may attend these meetings, which are held on the 1st Mon. of every month at 5:00 PM. If you would like to bring suggestions to these meetings, particularly the next one, please do so. They are held in the council chambers at City Hall.

- 10) April 13 is Nationwide Rails to Trails opening day- start of the riding season.

- 11) Upcoming Rides:
 - a) Sunday rides will commence soon- weather permitting. Sun. April 14 will be our

“Rails to Trails ride,” on our weekly Sunday ride, which begins on the trail by the Shell station, at east end of Fulton. Meet at 1:00 PM. Join us!

- b) Thursday the 18th is the next Full Moon Ride. An RBBC business meeting, for those who wish to attend, will be held at Legends Sports Bar once participants arrive.
- 12) Bike to Work week is May 13- 19th.
- a) We discussed observing it on Friday, May 17th, with a prize for the person who rides the greatest distance to work. To verify that, the person needs to post a photo on their own Facebook page, of you, your bike, at your workplace. Tag the photo to Riverbend Bicycle Club on Facebook. More info. Will follow in the newsletter. We discussed holding a party at the end of Bike to Work Day, at 5:00 PM at the Stubborn Mule in Lyons (former Doyle's).
- 13) The club strongly encourages any member who is willing to serve on committees or offices, to please consider the value of this to the club. Chad will be heading up the Lyons Business and Professional Association this year, and will be stepping down from the RBBC presidency. We would also like to invite members and those who are interested, to stop in to McKinley Street Taverne in Lyons for our monthly meetings, held the third Thurs. of most months, starting at 7:00. It's good camaraderie, informative, and helps our organization promote healthful and enjoyable riding activities in the Gateway area.
- 14) A reminder to club members that the **yearly dues of \$20 are due now**. Membership forms are available on the RBBC website rbccclinton.com.

Meeting adjourned at 8:30 PM.

Respectfully submitted by:

Annis Bear, V.P. and acting Secretary

RIVERBEND BICYCLE CLUB MEMBERSHIP FORM

Membership is January 1 to December 31

Full name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone number: (_____) . ____ . _____

E-mail address: _____

We do not share your email address. It is used exclusively for club use only. You will receive newsletter via email from RBBC. () Check if you wish to receive your monthly newsletter via postal mail. 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 helmet.

Signature: _____ Date: _____

Signature: _____ Date: _____

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

Please check all that apply:

- I do not want to be included in the membership directory
- I am a member of the Iowa Bicycle Coalition
- I am a member of the Ride Illinois
- I am a member of the League of American Bicyclists

Choose one of the following membership levels:

- Single yearly membership: \$15.00
- Family yearly membership: \$20.00
- Business yearly membership: \$30.00

Total amount: _____

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