



SPOKE FOLK BICYCLE CLUB

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December 2011

TOPICS THIS MONTH

- **BLUE ZONE**
- **NEW YEAR'S DAY RIDE**
- **RAGBRAI XL**
- **SPOKE FOLK RAGBRAI DRIVER**
- **7th ANNUAL EAGLE WALK**

BLUE ZONE

Have you been reading the articles about Ottumwa's Blue Zone application in the Courier? Ottumwa wants to be designated one of Iowa's most health-conscious communities, and Wapello County Trails give us a good start. Now Ottumwa needs its citizens and organizations to show their support of healthy living. One way is for an organization to send a letter of support, which Josh has agreed to do on our behalf. We can also have club members pose for a group photo, wearing as much blue as possible. Finally, individuals are needed to show their support via the Ottumwa Blue Zone website. Ottumwa's Blue Zone aim is healthier living in all endeavors, but specifically mentioned in the state application are more sidewalks and bike trails. Learn more and support the Blue Zone at <http://www.bluezonesproject.com/blue-zones-communities>

NEW YEAR'S DAY RIDE, 1/1/12 at 2pm.

We are hopeful of bringing in 2012 with a New Year's Day ride. Meet at 2pm at the Merrill Cabin (near water tower in Memorial Park on Elm Street in Ottumwa) for hot chocolate, pie, and a fire in the fireplace. Wear **blue** and we'll take a picture for Blue Zone support in Ottumwa. Weather permitting, some of us will go for a ride, too. If you are nearby, don't miss this chance to see your Spoke Folk friends!

RAGBRAI XL (2012)

Registration for RAGBRAI XL opened on November 15, 2011. Spoke Folk members can have a secured enrollment online at www.ragbrai.com. We are club # 0076. Registering early as a Spoke Folk member will save you from the lottery that individuals must win to get the week-long RAGBRAI registration.

SPOKE FOLK RAGBRAI DRIVER

We are again looking for a new truck driver. If any of you Spoke Folk are (or if you know of anyone who would be) interested in driving the last week of July, contact any of the Spoke Folk officers. (See the

box above for contact information.) Pay for the truck driver has been \$400 (plus tips from the riders) for the duration of RAGBRAI.

Truck Drivers Duties:

1. Leave Campground at 7 am after checking camping area for forgotten items and picking up the boundary tape.
2. Purchase everything you need before you get to the camp site
3. Purchase ice at Hy-Vee or other grocery store if possible.
4. Determine and secure a suitable camp site given group needs (e.g., number of riders, proximity of resources – water, bathrooms, showers, food, entertainment, emergency shelter, etc.)
5. Be a helpful resource to the riders (e.g., be able to answer where basic things are in relation to the campsite – bathrooms, showers, food, entertainment, etc. – and what the exit route is in the morning)
6. Park truck in North/South orientation if possible to create shade.
7. Stake out a large enough area with yellow boundary tape on the ground or use posts.
8. Send a text of the truck's location to the cell phone bearing riders.
9. Put up Spoke Folk signs along the in-bound bike route to direct our incoming riders to the campsite.
10. Put Spoke Folk banner somewhere on or around truck to identify our truck.
11. Give detailed location of our campsite to the main information center.
12. Get several Des Moines Register papers if possible.
13. Get several papers for the next overnight town if possible.
14. Help unload the truck.
15. Cover the unloaded luggage if it rains.
16. Keep water and pop coolers in the shade of the truck.
17. Keep water and ice in the coolers and chests.
18. Take care with pop cases and only open 1 case of each kind at a time and save pop cans to return for deposit.
19. Keep the truck neat and orderly.
20. Save gas and ice receipts (you may have to make your own ice receipt if purchased in camp) to balance your account.
21. The truck is not to be used for personal travel.

7TH ANNUAL EAGLE WALK, January 14, Bridge View Center

The program will begin at 8:30 AM with a hike along the Des Moines River to "walk, talk and learn" about eagles. Displays and other activities will be available in the center for those wishing to stay inside 8:30 AM-2:00 PM. Spectacular views of eagles flying and feeding on the Des Moines River from both inside and outside Bridge View. The event is presented by the Wapello County Trails Council. For more information, call (641) 682-8764 x141 or go to www.WapelloCountyTrails.com.

Weekly club rides have ended for the year. They will resume in the spring.

For other events, see www.bikeiowa.com