



SPOKE FOLK BICYCLE CLUB

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July 2010 RAGBRAI Special

TOPICS THIS MONTH

- AUGUST CLUB MEETING DATE
- RAGBRAI UPDATE
- LOCAL RIDES



AUGUST MEETING

The next **Spoke Folk** meeting is scheduled for August 11 at 7:00 pm at the North Hy Vee. Everyone welcome.

RAGBRAI UPDATE

Find RAGBRAI daily maps at <http://ragbrai.com/index.php/routemaps/2010-daily-maps/>. Watch the useful packing video at the bottom of the same RAGBRAI.com page.

Friday, July 23, 6-8 p.m. Load your gear and bikes on the transport truck, located behind Happy Joe's on Church St. in Ottumwa. Be sure to have your bike there by 6:30! After loading the truck, eat pizza at the Spoke Folk party at Happy Joe's.

Saturday, July 24. Meet behind Happy Joe's at 7:45 a.m. to board bus for 8 a.m. departure to Sioux City.

Twenty-six Spoke Folk are registered for the bus to Sioux City:

Joel Abrams
Robert Bailey
Charles Baker
Roseanne Bowling
John & Mary Margaret Butler
Mandy Broadstreet
Tom & Kathy Dodds

Dan Genners
Patricia Guevara
Vernon Kelderman
Larry Keller
Lyndi Meyer
Tom Meyer
Marsha Parker

Don Pettengill
Julien Pfiel
Charles Platt
Josh Riedel
Nancy Rezabek
Fred & Eve Schindler
Matt Strom

Marion & Meredith Yoder

Rebecca Zook

Other Spoke Folk on RAGBRAI, but not on the bus, include:

Crystal Arnold
Rory Brown
Mike Chamberlain
Karen Conrad
Craig Drotzman
Earl Ellett
John Langland
Allison Mather (3 days)

Ian Moore (2 days)
Thomas Mougín
David Niebaum
Michael Pixley
Robin Wasteneý
Rick Woten
Josh Gettings (driver)
Roxanne Cagwin (driver)

Don Pettengill has bought cans of soda and Gatorade for our coolers. He has: Pepsi, Diet Pepsi, Coke, Diet Coke, Fresca, Cream Soda, diet & regular Dr Pepper, and Frost and Lemon-Lime Gatorade. We will also have jugs to make sun tea. Riders pay 50 cents for a soda can; \$1 for Gatorade. Way cheaper than towns sell these!

Ride Right Stuff

Safety tips for all bike riders, but especially during RAGBRAI:

Check out your bicycle before riding:

check: tire pressure & condition, brakes, cables, chain, & sprockets.

before each ride, check each wheel to ensure it is properly secured and spin each wheel to ensure they are not bent and/or contacting your frame or brake pads.

inspect your brake pads to make sure they do not have grit and rim particles embedded in them. This debris will eventually grind grooves into your rim.

give each crank arm a "wiggle" to make sure your cranks and crank bearings aren't loose.

make sure your rear derailleur/shifter isn't bent before you take off. It can get bent rather easily if your bike falls over onto the right side, and nothing ruins a ride like going to shift into that low gear (closest to the spokes) and your (bent) derailleur gets tangled into the spokes.

Remember RAGBRAI is a RIDE, not a RACE

Stop and rest when you are tired or frustrated.

Keep alert: Eyes always checking ahead, at sides, and behind you. Purchase a mirror. (Eve's note: watch for pavement changes and seams!)

Don't make sudden changes – be sure to take time to signal all turns and lane changes

Call "on your left", etc. as you pass others on the route.

Hint: Bring a lawn chair. The kind in this photo is comfy after a long ride!



LOCAL RIDES

Our Sunday rides have been well attended by Spoke Folk and community members. Ride Captains are permitted to show some creativity in planning the routes, so don't be surprised if some of the rides list a different meeting place or time from our usual Sundays at 3:00 p.m. - meeting at the park under the Bulldog water tower on Elm. URGENT: Please volunteer (today!) to lead one of the August or September Sunday rides. Our goal is to have different club members lead these each month. Call 684-7288 to volunteer as Ride Captain. Leave a message if necessary. Members near Ottumwa, please share the load and take the lead one Sunday!

Here are the types of rides we will offer each month:

First Sunday: Slower-paced BIRTHDAY ride for the “just to enjoy the ride’ inspired”. Perfect for families and individuals who don't consider themselves athletes, but enjoy a bit of friendship and exercise. Rides last ½ to 1 hour, travel at 5-10 mph, and stay on back streets or Wapello County Trails with no hill climbs. Usually this ride meets at the bike trail between Bridgeview and the river. **Bonus:** the riders stop for an ice cream break and Spoke Folk members whose **birthday** is in one of the 3 months being celebrated that day will receive a **free small ice cream**, courtesy of the club. Other riders buy their own treat.

Second Sunday: Medium-paced ride for the “fitness inspired”. Rides last about 1 hour, never more than 2 hours, with a gentle aerobic pace of about 10-20 mph for 10 to 20 miles. There will be a mid-ride break for visiting and to re-group.

Third Sunday: Faster-paced ride for the “fitness devoted”. Rides last 1 to 2 hours with a pace of 15+ mph. Generally travel 15 to 25 miles. These rides will take advantage of the many rural roads that are labeled bike routes beginning in Ottumwa.

Fourth Sunday: Longer-distance rides for the “RAGBRAI inspired”. Medium-paced ride with a duration of 2 to 4 hours, including a couple of rest stops. May include trips from Ottumwa to towns like Hedrick, Blakesburg, Agency, Eldon, and Fairfield, or travel by car to a different Iowa location for a similar ride.

Fifth Sunday: Time trials for the “fitness crazed”. The months of May and August have five Sundays this year. Usually these riders meet at Dalohnega for a timed, personal best speed event.

Club Rides for 2nd half of July, 2010:

3rd Sunday, July 18: Faster-paced Ride. Captain: Josh Gettings. 682-0630. Meet at Water Tower at 3:00.

4th Sunday, July 25: RAGBRAI! Now THAT'S a longer distance ride!

For other events, see www.bikeiowa.com