

## RBBC Newsletter- June 2018

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

Upcoming RBBC Ride Schedule:

- July 7<sup>th</sup>: Joint RBBC & QCBC RAGBRAI Tune Up
- July 26<sup>th</sup>: Full Moon Ride
- October 13<sup>th</sup>: Lumber Jack and Jill Ride- Start working on that beard!

Other rides:

- July 21<sup>st</sup>-26<sup>th</sup>: RAGBRAI- Are you ready?
- August 19<sup>th</sup>: Pie Ride- Bikes + Pie. Does it get any better?

**NEXT MEETING: Thursday, July 18<sup>th</sup> at McKinley Street Tavern, 7PM.**

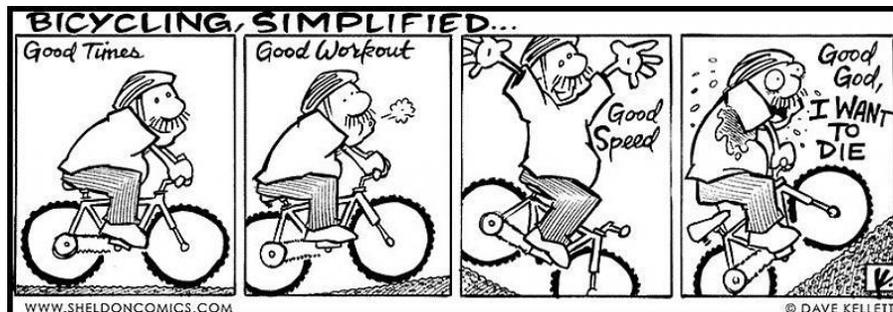
**Quad Cities Bicycle Club & Riverbend Bicycle Club Joint RAGBRAI Tune-Up Ride SAT - July 07 RAGBRAI Loop to Moscow/Wilton 74 Miles**

8:00 Start from the Modern Woodman Park parking lot (under the Centennial Bridge) in downtown Davenport - 209 S Gaines St, Davenport, IA 52802.

Mid-paced ride starting out on the Mississippi River and American Discovery Trails with the remainder of travel along lower vehicle traffic roads.

Breakfast stop is planned at the Wilton Café. As a bonus, the new owners are anxiously anticipating our arrival, so they can give us a pre-RAGBRAI tour of the refurbished Historic Candy Kitchen and Museum.

We will travel back to Davenport on the proposed RAGBRAI XLVI route, stopping for a break at Wildcat Den State Park.



River Bend Bicycle Club  
June 21, 2018 Meeting Minutes

1. The June meeting at McKinley Street Tavern was called to order at 7:00 PM by President Chad Jensen. Those in attendance were: Chad Jensen, Randy Meier, Annis Bear, John Bonte, and Jack Robinson.
2. There were no minutes from the prior meeting, as there were no more than two persons besides Chad in attendance. They discussed upcoming rides.
3. Randy Meier gave the Treasurer's report. There have been several membership renewals, and Chad had a few also. If you haven't yet renewed your yearly dues, you can get a form from Chad Jensen at the Bicycle Station in Lyons, or download the form from the RBBC website: [rbbccclinton.com](http://rbbccclinton.com).
4. Mail & Communications: Randy shared the amounts for organizations RBBC has supported are as follows:
  - a. Iowa Bicycle Coalition \$250
  - b. Iowa Natural Heritage Foundation \$50. They do a lot to build and maintain trails throughout the state. Annis moved, and John seconded that we contribute support at this same level. Motion carried.
5. Committee Reports: The RAGBRAI report was given by John Bonte.  
Dates: July 22-28

We have almost one bus full; we should be able to pay Jon Fah, of Argo Moving. John has reserved 2 buses to transport riders. The bus should be cheaper than last year, as it's mostly a straight drive to western Iowa on the interstate.

We will load the bus and bikes at the parking lot near St. Ambrose. Begin loading at 3:00 PM Fri., and leave by 6:30 AM Sat. morning. John believes we will have a positive cash flow for the buses this year.

6. Old business

7. New business

- a. Zane Pennock send word with Chad that the city of Clinton is applying for a Federal development grant for improvements to Manufacturing Drive and Bluff Blvd. to include a separated bike trail. John moved, and Randy seconded that Chad write a letter of support on behalf of RBBC for this undertaking. Motion carried.

- b. Upcoming rides:

1. This weekend—Sun. at 1:00 Start at Meyer Park; ride the Discovery Trail from Lyons to Rock Creek Park outside of Camanche. (28 mi. round trip)
2. Full Moon Ride this next Weds. June 27, starting at 7:30 at Main Ave. & Harding, along the dike in Lyons, to Legends Sports Bar. Farmer's Market on Weds. In Lyons Foursquare Park 4:00-6:00, and a band—"3 on the Tree" from 5:00-7:00 prior to the ride. We held a Full Moon ride last month--- trying to make this a monthly ride.
3. Hook's Pub Ride July 9. 4th Ave. No. & 4th St. Check with them for details.

Submitted by

Annis Bear

## Ride Report

### Ride to Rock Creek:

Two weeks ago on Sunday afternoon, Keith Robinson and I rode on the bike path starting in Lyons through Camanche. Then we rode on the road siding to Rock Creek Marina and the nature center there. It is a nice nature center with an aquarium with River fish. Then we rode back. 40 miles. If the river is not too high, I plan to take my grandchildren there this week end.

John Bonte

### June Full Moon Ride:

June 27<sup>th</sup> was the second monthly full moon ride! Best estimate puts the tally at 50 riders. 35 riders stopped at Legends while another 15 continued on to Hyde's Inn before returning to Legends. Unlike the last full moon this time we actually caught a glimpse of the moon. If you want to join in for the next ride in July we typically get started right about 7:30 and you can choose if you want to do the longer ride out to Hyde's Inn or stop for a drink at Legends, your choice!

## What Riding 100 Miles Taught Me

A couple weeks ago was the 42 riding of TOMRV. A Tour Of the Mississippi River Valley from Dubuque to Bettendorf that clocks in at about 100 miles. This is a lot of ground to cover and if it wasn't already, it became abundantly clear shortly after we started that 100 miles is a long way. Never having ridden this far I learned a lot riding from Bettendorf to Dubuque and that was even before we had to turn around and ride back the next day.

Riding 100 miles is humbling. It's not unusual to hear people 'run to the Davenport' after work. Or maybe you are going to Preston for pizza tonight, or to the Park in DeWitt. Driving to these places is not an insurmountable task and can easily be accomplished in an evening without hesitation. I am sure many people make these, or similar drives multiple times a week but on a bike it's a whole different beast. A portion of the ride went from Preston to Goose Lake. Only 7 miles. A seven-mile flat, straightway lined with fields, Hello Iowa. This was easily the most eye-opening seven miles of the whole ride. Two towns whose proximity I am familiar but what is normally a quick 5-minute drive from one to the other felt like nearly an eternity on a bike. It was like watching a countdown clock in slow motion as I passed the mile markers. While I still avoid using it I am much more thankful to have my car available to me when needed.

Riding 100 miles is not comfortable. Sure, you can get your bike and your body in tip top shape, perfectly calibrating your angles and heights to maximize comfort and try and train up. But if you don't have everything perfect and maybe even if you do, at some point you are going to be uncomfortable. One hundred miles is a long time to sit in the saddle. There's sweating, blisters and chaffing. You have legs, shoulders, a neck, back and feet any of which might betray you and are fair game for pain and agony to creep in. And don't forget the sunscreen.

Riding 100 miles is plenty of time for something to break. Not only does all that distance take a toll on your body but there is ample time for something to go wrong on your bike. The route was rife with flat tires and the burden of getting one flat doesn't preclude you from being struck with a second which only will lengthen the trip more.

Riding 100 miles is not quick. There is plenty of time to banter but equally there is plenty of times where you put your head down and peddle. This is when you are left to your own thoughts and it's hard not to tally up the miles in your head. Which makes it inevitable, at least once it will cross your mind to throw in the towel because even when you hit the halfway point you still have 50 miles to go. By far the portion of the ride I was most unprepared for was the mental game. Resulting in many miles of internal debates to keep riding or give up. Thankfully TOMRV supplied a secret weapon to push me on mile after mile and sag after sag.

Riding 100 miles allowed me to see the importance of a dedicated group of volunteers. Each sag stopped was staffed by positive, energetic volunteers who wanted to do everything they could to keep you going. They were ready and willing to supply a

constant stream of gatorade, chips, pb & j's, fruit, trail mix, soda and a multitude of other snacks just to make sure you had the energy to make it to the next sag. On top of their smorgasbord they had sunscreen, they were cheery and their general good will was everything I needed to get back in the saddle at each stop. If you had issues on route they were quick to drop in and change a tube, fix a problem or hand out a cookie to provide the critical last nudge to get you up the hill. In my opinion riding 100 miles was only possible with the encouragement and hospitality provided by the dedicated volunteers.

The success of every event and the relative success of every participant depends on the volunteers. That's not to say some riders wouldn't have finished the ride without any sag stops but I certainly wouldn't have, and the more experience riders surely would have struggled quite a bit more. If you harbor any trepidations about your ability to successfully complete a ride or a run, don't underestimate the encouragement of the volunteers to buoy you on and get you to the finish.

TOMRV was a good ride. If you are looking for a ride that will challenge you should absolutely consider it. You get a unique perspective of the landscape of eastern Iowa and the Mississippi River valley riding through it, there's plenty of fields to see but it's a much more intimate trip than if you were to 'run to Davenport after work.' The ride was good, but the volunteers were amazing. If you ride it lean on them because they were happy to oblige with some kind words or more gatorade. And if you can't take part in this ride, or any other future rides, or runs but want a taste of the action still? Strongly think about volunteering for it. Events like this or any other rides or runs take a lot of hard work and volunteers to make them successful. Chances are if you think back to any event you took part in that was fun and successful you had a positive experience with those volunteers. And speaking from experience there isn't anything I am more thankful for than the dedicated volunteers constantly chopping fruit and keeping the jugs of cold water and gatorade full.

Riding 100 miles wasn't easy, but it was made infinitely easier by the hard-working individuals dedicated to making sure the participants had everything they needed to get across the finish line. Thank you to everybody who volunteered at TOMRV and anybody who has helped staff an aid or water station in the past and I encourage everybody to try it in the future there's a lot of runners and cyclists out there who will appreciate it.

**RBBC RAGBRAI Report  
June 21, 2018**

Despite traveling to Cedar Rapids several times and Arkansas once, I think I have the RAGBRAI charter information caught up.

	<b>Total signed up</b>	<b>Taking the bus</b>	<b>Camping and having bags transported</b>
<b>Members</b>	34	24	21
<b>Non-members</b>	53	37	42
<b>Total</b>	87	61	63

We have two buses reserved, and I am sure we will have enough to pay for them. Jon Fah has visited each of the pass-through towns and reserved campsites. I have talked to the people from Davenport, and it looks like we will be loading buses at St. Ambrose as we have in the past. We will be parking near St. Ambrose, and Camping is in Centennial Park on the riverfront near the Ball Park. I should be receiving wristbands, etc. toward the first of July. I will distribute them when we load buses on July 21. For those not taking the bus, we need to make arrangements to get your wrist band to you.

Since Vacation, I have logged a few more miles. I am at 248, better than half way to my goal. I was able to bike 7 miles yesterday on the Boysen Road trail in Cedar Rapids. Fortunately, I did not get caught in the rain.

John Bonte,  
RBBC RAGBRAI Coordinator