

APRIL 2003

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

Bike to Work Day: Friday, May 16th

The first step is getting yourself ready to bike to work to set the example for others.

The weather might be the biggest challenge right now, but you need to start thinking about how you are going to bike to work when it does warm up. If you bike to work in the warm weather and would like to try cooler weather, now is the time to start.

Do you have a place to change clothes at work? Many people will find that they don't need to shower after riding across town. Does your employer have the facilities for you to begin biking to work? Start making arrangements and encouraging your employer to help you and many others get started. You can also encourage your employer to make a pledge to reduce congestion. Have them sign up at www.Avoidtherush.org.

Do you have a place to park your bike? Are the bike racks in good condition and in an area with some pedestrian traffic so theft is less likely to occur? Can you bring your bike in the building for safe storage?

How will you transport your clothes? Do you have a rack on your bike and panniers to hold stuff, or would a backpack or trailer work better? Do you have a locker so you can store a week worth of clothes, or will you transport them each day?

What route will you take? How long will it take to get there and get changed? Will you need a bike light if there is a chance you will get off work late and have to travel after dark?

Now is the time to start finding answers to some of these questions. Get your employer involved to find out if they can help. If I can help with some of these questions, please let me know. Biking to work is fun, however, the best part about it is the minute you get off work, you get to do something you love.

There is a lot of information on the Internet. Below is the Madison site which has a lot of good information.
<http://www.bfw.org/btww/index.html>

if I can help you answer any of the questions above, please let me know.

Angela Dalton
(515)274-3916
Co-organizer Bike to Work Day 2003

UPCOMING EVENTS

Mayor's Annual Ride
for Trails, April 12

Finchford-Roubaix
Road Race, April 13

Elkhart TT, April 17

Sleepy Hollow MTB
Race, April 19

Al Kreitler Memorial
RR, Iowa City
April 26

Old Capital Criterium
Iowa City, April 27

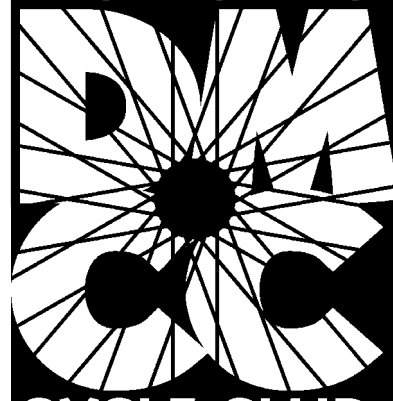
Cycle de Mile Fun
Ride, Fort Dodge
May 3

Nevada's Annual Bike
Ride, Nevada, May 10

Tailwind Ride
May 10

Doghouse
Run I
June 7

DES MOINES



CYCLE CLUB

PRESIDENT'S MESSAGE

Hi, Kids!

We've been blessed with some gorgeous spring riding weather here lately. Hope you were able to get out! The Critter and I rode one afternoon for a whopping 15 miles at a **blistering** 8.7mph pace...and we were beat. Well, I was beat anyway. The Critter seemed to have the time of his/her life, but, of course, being the typical stoker, s/he wasn't pedaling. (I'm sure a certain riding partner of mine would have some smart aleck comment to make about getting my just desserts. I would expect no less of him. But, hey, as long as it's chocolate... ☺) But it sure felt **GREAT** to get out and burn off a little of that spring fever!

More upcoming spring rides include the Mayor's Ride, the Tailwind Ride, and Doghouse Run I. Weekly rides will commence the first week in April, following the switch to Daylight Savings Time. Check elsewhere in the newsletter or on the website for details.

Cityview ran a great commuting article a few weeks back. Check it out at <http://www.dmcityview.com/main.asp?Search=1&ArticleID=284&SectionID=39&SubSectionID=70&S=1>. If that's too big of a pain to type in, just go to www.dmcityview.com, then search the archives for March 12, 2003.

Don't forget about Bike To Work Day on Friday, May 16. A message from co-organizer (and fellow 'bent rider! ☺) Angie Dalton appears elsewhere in the newsletter. Please try to get involved by riding, donating, and/or volunteering!

Finally, The Critter's **REALLY KEWL** bike trailer has arrived, and is all assembled and ready to go! You won't see us out on the road with it, though, until somewhere around RAGBRAI time. We do, however, plan to drive down to Oskaloosa and show it off there. Meanwhile, we'll be doing the 15-mile route on the Mayor's Ride. Let's just see how many of you can keep up with us at our **blistering** 8.7mph pace. ☺

Keep pedalin'...

Lori

MARK YOUR CALENDAR NOW TAILWIND CENTURY Saturday, May 10th

Travel by van 100 miles from the start and ride back to town with the wind to your back. Your payment of \$15 (Lake Country Cyclists if a check) should be mailed to me to secure a seat—a limited number of riders will go. The start will be at the school at 30th and Hickman in Des Moines where the Tailwind has started in the past. Riders may drive to the start and park their cars at the school. Be sure to register and pay early to have a spot reserved. The departure time will be 6:00 am. Lunch and sag provided. Stops at approximately 25, 50 and 75 miles. To secure a seat, you must mail your check no later than May 6. Cindy DuBois, 313 NW Beechwood St, Ankeny, IA 50021 964-5425 geo4cin@mchsi.com

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

Draftlines® is published monthly by the Des Moines Cycle Club. Cycling related stories, photos, information, or other contributions are welcome, and must be received by the 1st of the month for the next issue.

Submissions for Draftlines can be sent to Joni Siebenlist, Editor, at 8784 95th Ave., Indianola, IA 50125, or e-mail DMCCclub@peoplepc.com.

Draftlines classified and display advertising must be received by the 1st of the month prior.

Correspondence to the Des Moines Cycle Club can be sent to P.O. Box 13258, Des Moines, IA 50310, or e-mailed to DMCCclub@peoplepc.com.

DMCC INFORMATION

For news on upcoming rides and other events, visit our newly updated website at <http://www.dmcycleclub.com>.

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Year 2002 in Review - Des Moines Metro BMX

As we gear up for the 2003 season, let's take a quick peek at BMX racing in 2002. At Des Moines Metro BMX, we saw 300+ different riders throughout our racing season, thanks in large part to the regional national held the weekend of July 26-28th. More about that later.

Our racing season got under way Sunday, May 5, 2002, when 32 riders participated in our first race. From May to Sunday, October 27, racers enjoyed the thrills of BMX racing on Iowa's longest and fastest track. We had riders from coast to coast—east and west, and border to border—north and south, who joined in the exciting competition.

Doghouse Bikes, in Indianola, became our official bike shop, providing the latest in BMX bikes, bikes parts, accessories, and clothes. They set up shop every Sunday at the track. We even found riders going to Indianola during the week to take care of their bmxing needs (Track members really enjoy those discounts). Doghouse Bikes also provided items for give-aways during races. Little kids and big kids alike enjoyed being on the receiving end.

To really get the season rolling, we held the first of two BMX clinics June 18. Geoffrey Ssengoba, a professional racer from 24 Seven Concepts with over 17 years of national racing experience and over 12 years as a BMX instructor, taught 21 racers how to jump with confidence, pass and speed through turns, and snap out of the gate.

Anticipation of our own regional national saw riders from Des Moines Metro BMX traveling to such far away places as Indianapolis and Warsaw, Indiana; Arvada, Colorado; and Pontiac, Michigan; and not so far away places as Independence, Missouri and East Moline, Illinois. As the racing season progressed, our riders often found themselves in the mains of these nationals and regional nationals—Cory Harding (5 Rookie), Troy Harding (7 Rookie), Mariah Carbine (7 Girls), Casey Brose and Sam White (11 Rookie), Aaron Rice (13 Rookie), Alex Peterson (15 Rookie), Sierra Siebenlist (15 Girls and 14-17 Girls Cruiser), Andy Boone (16 Rookie), Adam Boone (17 & Over Rookie), and Joni Siebenlist and Kittie Weston-Knauer (35 & Over Women's Cruiser).

The Friday of our regional saw our second BMX clinic. Colin Stiles of Stileman BMX Race Clinic provided wonderful instruction to 28 riders. We learned many essentials for winning BMX races—setting up, snapping the gate, jumping, manualing, pumping, correct turning methods, turning strategies, and much, much more. These clinics help all racers, the young and the not so young, develop to their full potential. It also helps to strengthen our ridership. And do we have fun!

The clinic was a great beginning to our regional national weekend Friday-Sunday, July 26-28, 2002. The Midwest Regional National, sanctioned by the National Bicycle League, and sponsored by Des Moines Parks and Recreation, saw 230 riders from all over the country competing against some of the Midwest's best 20-inch and cruiser class (24-inch) racers. This was truly bicycle motocross racing at its best on one of the Midwest's fastest BMX race courses.

The excitement of success of our riders at this regional national gave cause for 13 riders from Des Moines Metro BMX Club to travel to Louisville, Kentucky, Labor Day Weekend for the Grand Nationals. This annual race highlights the end of the racing season while determining each participating rider's national ranking for the year in their age class and proficiency. Seven of our riders made it to their mains and returned to Des Moines with five foot trophies—Mariah Carbine, Casey Brose, Aaron Rice, Alex Peterson, Sierra Siebenlist (2 classes), Andy Boone, and Adam Boone. Talk about being stoked! Our trackside campsite provided a home base for our riders and their families to hangout and pump each other up. I tell you, the only way to do the Grands is to have a trackside site! You can see every race from the comfort of your chair. We'll look to have this same site at the 2003 Grands.

Although the national season had come to a close with the drop of the last gate on the mains at the Grands, the state series was yet to be decided. A series of five state qualifiers had been run throughout the winter, spring, and summer at the indoor and outdoor tracks in Waterloo and our track in Des Moines. The final state qualifier and championship race was held the weekend of September 14 and 15, 2002, at Eastern Iowa BMX in Waterloo. Twenty-six riders from Des Moines competed, with all finishing in the top eight in the state in each of their age classes and proficiencies.

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Year 2002 In Review continued from page 3

The 2003 racing season began with the crowning of the regional champions for the 2002 season and the first set of nationals for the 2003 season. The Regional National Championship Race was held in Springfield, Illinois. We had a wonderful contingency of riders (13) who returned with regional rankings, 1-8 in their age classes and proficiencies—Cory Harding-2 (5 Rookie), Troy Harding-3 (7 Rookie), Mariah Carbine-3 (7 Girls), Casey Brose-3 and Sam White-5 (11Rookie), Aaron Rice-5 (13 Rookie), Alex Peterson-1 (15 Rookie), Sierra Siebenlist-1, 1 (15 Girls and 14-17 Girls Cruiser), Andy Boone-3(16 Rookie), Adam Boone-2 (17 & Over Rookie), and Joni Siebenlist-2 and Kittie Weston-Knauer-1 (35 & Over Women's Cruiser).

We celebrated a successful race season for Des Moines Metro BMX with our first annual end of the season banquet at Ankeny Christian Church. Twenty-three riders and their families spent a fun afternoon reminiscing about the season through pictures and word. Lots of gag prizes that reminded all of the fun season we had had were given. The state banquet was held in Waterloo, Iowa, where our riders were presented their state plates and rankings for the season. Mariah Carbine, Abby Boone, Alex Petersen, and Kittie Weston-Knauer were awarded State Championship sweatshirts for perfect attendance having raced all six state qualifiers and the state championship race.

The unveiling of the NBL's newest race team occurred on Saturday, November 2, 2002, at Dirt 'N the House race track in Waterloo. "Doghouse Racing", sporting red and blue jerseys, leathers (pants), gloves, and the Doghouse logo, were the talk of the evening not because of the sharply outfitted riders, but because the riders were very visible each time they crossed the finish line. Before the racing ended for the evening, riders were clamoring to join the team. But that's another story!

The great success of Des Moines Metro BMX Club riders set the stage for one of the most exciting races of the old/new season, the President's Cup. This race is held annually in Columbus, Ohio during the Christmas Holidays. Eleven riders from Des Moines donned state jerseys and joined 22 other riders from Eastern Iowa BMX and Dirt 'N the House to represent the state of Iowa in the ultimate state vs. state competition. Our efforts on the track saw us bringing home a 14th place finish among the participating states. This was the first time in the 18 year history of the President's Cup that Iowa finished in the top 15.

And it only gets better. As we move into the swing of the 2003 racing season, ...

Kittie D. Weston-Knauer, President
Des Moines Metro BMX Club

RIDE LEADERS NEEDED

Anyone who wishes to coordinate/lead a regularly scheduled ride should contact myself at 255-6194 or pblackleo@msn.com.

ART CENTER WEEKLY RIDE

There will be a regular weekly ride on Tuesday evening from the Art Center at 4700 Grand Avenue in Des Moines at 6:00 pm. The ride will travel southerly on the Bill Riley Trail and the Great Western Trail. Out of town the ride may travel on county roads. This will be a moderate paced ride at 15-18 mph. Ride coordinator is Leon Sanderson at 276-4794.

INDIANOLA WEEKLY RIDE

Meet at Doghouse Bikes (Summerset Trailhead) at 6:30 PM on Wednesdays beginning April 9. Pace of ride will depend upon participants and will travel on the Summerset Trail to Carlisle. Join us and ride as far as you like.

DOGHOUSE RUN I

DMCC is presenting its newest ride on June 7th 2003, DOGHOUSE RUN I.

This ride has appeal for the whole family, and any type of rider. The route encompasses many options, including 22 miles of Warren County's newest paved trail, the Somerset, other options include an additional 20 to 40+ miles of Ragbrai's historic 25th Anniversary ride, Visiting the charming communities of Milo and Lacona.

The ride begins at Doghouse Bikes, the Somerset trail head, located at 403 E. Euclid Indianola. Total support and sag will be offered, as well as food and drink and LOTS of FUN!!!

As always the prizes will be biking related and top of the line, something DMCC has strived to maintain. Please watch for more news and ride applications later this spring.

MAYOR'S ANNUAL RIDE FOR TRAILS

Enjoy the first ride of the season! The Mayor's Annual Ride for Trails will be held on Saturday, April 12. Your registration fee of \$16 (\$20 after March 22) includes a T-shirt, refreshments at rest stops, post-ride activities, lunch, sag support and a repair van. Helmets are required. All proceeds benefit the Des Moines Recreation Trails. For more information, contact the MAR line at 515-283-4294 or visit our web site at www.dmgov.org

Doghouse Bikes



35% off all
in-stock clothing til
4/15/03

403 E. Euclid Avenue - Indianola, IA 515-961-5859

www.doghousebikes.com

A Week in the Life of a Pro Team Roger Sitterly

Prime Alliance is one of the strongest UCI Division 3 professional cycling teams in the U.S. During the first week of March, I was a guest of the team at its spring training camp in Southern California. In return for taking photos of the team, I was allowed to accompany team riders and staff on training rides and at the Fourth Annual Pomona Valley Stage Race.

As glamorous as being a professional bike racer may seem, it is in reality a lot of hard and often tedious work. New bikes need to be adjusted to fit team riders, new equipment needs to be wrung out hard to make sure it performs under stress, and riders undergo an exhaustive battery of medical tests. Owner Tom Irvine, at a team dinner the first night of the camp, made clear his expectations for the team when he said: "no performance enhancing drugs, wear your helmet, and win lots of races".

The team will be on identically painted Pinarello Prince SL bikes this year, using Campagnolo's carbon-fiber components for racing and Chorus components for training. Pedals are Speedplay's adjustable float models, Bontrager furnishes the wheels, and saddles are from Fizik.

Dialing in the bikes so they fit each of the 12 riders perfectly is a seemingly endless task. Team mechanic Ken Whelpdale works with each rider individually to get as close as possible to the rider's preferred position. Once the initial position is established, it is subsequently refined during hundreds of training miles.

Inevitably, riders will decide to raise or lower the saddle half a millimeter, or perhaps alter the stem height by the same amount. Another common adjustment is saddle fore-aft positioning, and the sight of a rider using a plumb line over the nose of the saddle was common. The team has three different models of Fizik saddles; some riders prefer the Pave while others complained that it bottomed on the top of the seatpost and opted for either a Nicene or a Plateau.

It took riders a little while to get used to the Speedplay pedals and cleats with adjustable float, which are team-issue equipment this year. The result was fairly frequent adjustment of the float along with somewhat less frequent retightening of the cleats as riders dialed in what they wanted. Some, including Jonas Carney, prefer absolutely no float at all. Most of the other team members prefer at least some float. Jonas initially was having a

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ADDS

Classified ads are free to DMCC members and \$10 for non-members with a 50 word maximum. Ads will run for 3 issues and will be deleted unless Draftlines is notified to continue the ad. Place an ad by calling Draftlines at 515-961-7359 and leaving a message, or e-mailing to dmccclub@peoplepc.com.

Answer Fork:

Answer Warlock 20" BMX fork. Limited edition gold anodized. Used for 3 months. \$100 Call Adam Boone @ 515-961-7825

Free Agent Expert:

2002 Free Agent Expert BMX bike. 19" top tube, red & white. \$175. Call Abby Boone @ 515-961-7825.

Marzocchi Sinister Pro-lite Fork:

1 1/8" steerer tube, black, 936 grams, for 20" BMX bike. \$125. Call Sierra Siebenlist @ 515-961-7359.

Cruiser Wheels:

24" bmx cruiser wheels, new. Sealed FA freewheel hubs, stainless steel spokes with Rhyno lite rims with tires, tubes, rim tape. \$100. Call Abby Boone @ 515-961-7825.

Ritchey WCS Road

Handlebar & Stem:

Brand New, Superlight, black, \$80. Call Andy Boone @ 515-961-7825.

For Immediate Release

March 18, 2003

Release #03-095

CPSC Media Contact: Kim Dulic (301) 504-7908

MOSA Helmet Hotline: (800) 804-0211

CPSC Hotline: (800) 638-2772

CPSC, MOSA Sports

Announce Recall of Bicycle Helmets

WASHINGTON, D.C.- In cooperation with the U.S. Consumer Product Safety Commission (CPSC), MOSA Sports, of Hermosa Beach, Calif., is voluntarily recalling about 1,250 "Five 40" brand bicycle helmets. These helmets fail impact testing required under CPSC's Safety Standard for Bicycle Helmets, violating the Consumer Product Safety Act. Riders wearing these helmets are not adequately protected from falls, and could suffer head injuries.

CPSC and MOSA Sports have not received any reports of injuries or incidents involving these helmets. This recall is being conducted to prevent the possibility of injuries. The Five 40 helmets are black, white or red, and have the name "Five 40" printed on the front and back of the helmet. The "V" in the "Five" is much larger than the other letters. A label inside the helmet reads "990803" along with the model name "540." These helmets were manufactured in China.

Sporting good stores nationwide sold these helmets from October 1999 through September 2001 for about \$25.

Consumers should stop using these helmets immediately and return them to the store where purchased or MOSA Sports for a refund or free replacement helmet. For more information, consumers should contact MOSA Sports at (800) 804-0211 between 9 a.m. and 4 p.m. PT Monday through Friday.

To see a picture of the recalled item go to: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml03/03095.html>

Elkhart Individual Time Trial Series

This will be a 5 race series on Thursday evenings. Perfect for that after-work race!

Hope to see everybody there. We're still looking for a handful of volunteers.

Where: Elkhart, Ia (NE of Ankeny). From I-35, take exit #96 and head east 2.5 miles. Park in Softball

complex parking lot.

Distance: 12 km, out-and-back

Dates: (Thursday evenings) April 17, May 8, May 29, June 19, July 10

Entry fee: \$10

Registration opens at 5:45, racing starts at 6:30

Sponsored by: Doghouse Bikes, BikeWorld

For complete details, see the flyer at www.dmcycleclub.com

Contact Information: Ross Schuchart, ross_schuchart@yahoo.com, 515-963-0937

What is a Time Trial?

A time trail is a timed event on an open road, where the cyclist competes against the clock.

The purpose of the series is to help the individual rider show improvement over the course of the season. With each race, riders should feel stronger, more confident, and hopefully show improved times!

Time trials are great for sport cyclists, triathletes, and those wanting to improve their general fitness.

Interested in advertising your business in Draftlines?

Display ads furnished camera-ready are \$40 per issue for a full-page (7"x10"), \$20 for a 1/2 page (7"x5"), and \$10 for 1/4 page (7"x2 1/2").

Week in Life continued from page 5

problem with his cleats releasing prematurely under the stress of a sprint, and Ken spent a lot of time trying to find the cause of and a solution for this problem.

This year, along with the standard medical testing to make sure riders are healthy, team physician Prentice Steffan was checking riders for any signs of problems with their femoral arteries. It has been discovered that some riders develop internal scar tissue in the femoral artery just below the hip, and the scarring constricts the flow of blood to the leg. This problem was a major reason for the premature end of Team Director Kirk Willett's professional racing career; Kirk underwent major surgery to correct the damage. Since rider-detected symptoms of the problem may not be evident until several years after onset, Prentice was searching for preliminary signs of its existence. Only one of the team's 12 riders had indications of a possible problem, but Prentice cautioned that vascular surgeons would need to conduct detailed further analysis of his test data before he could say for certain just what had been found.

Early in the week the riders were doing daily training rides of from three to six hours in the hills along California Route 1. Team Manager Roy Knickman, who lives in the area, has several training routes that include long climbs away from the ocean. Most of the time riders are on roads almost completely devoid of vehicular traffic, which allows for a double pace line. Once into the serious climbing, however, the team would often break up as the climbers demonstrated their prowess and the sprinters formed a small grupetto to pace themselves up the grade.

In addition to mechanic Ken Whelpdale, soigneur Brenda Phillips was constantly working to keep the riders ready. Her myriad duties included filling water bottles each day so riders had enough available for long rides without having to stop along the way, making sure each rider had an adequate supply of energy bars and other food for training rides, picking riders up at the airport as they arrived for the week (and taking them back to the airport if they were not going to be spending more than a week in California), and giving rubs each night to about half the team. During the Pomona Valley Stage Race, she manned the feed zones to make sure team members got their handups as scheduled, and she retrieved the discarded water bottles for re-use.

Coordination of the entire operation is Roy's responsibility. He deals with sponsors (making sure equipment arrives on time, that sponsorship funding is arranged and collected, and that a host of minor details are dealt with in a timely manner), arranges for such things as team photography, and in general keeps everyone on track and moving in the same direction. As Team Director, Kirk handles the team on a daily basis, making sure training rides go as scheduled and working out team strategy for races.

At the Pomona Valley race this year, Kirk and Roy hoped Jonathan Vaughters, Michael Creed, and Matt DeCanio would be well placed after the first stage, an eight-mile uphill individual time trial. All three, plus Danny Pate, were in the thick of things, but it was Tom Danielson (recent winner of the Tour of Langkawi) and Chris Horner who topped the standings after the time trial. Although the gap between Danielson and Vaughters was only a minute, the following three days of racing featured mostly flat courses and short races; there was insufficient distance and difficulty for Vaughters to make significant inroads on his deficit. After the first stage, therefore, Kirk told the team to race aggressively and go for stage victories.

The team complied. On the second stage, a 90-minute circuit race, DeCanio went off the front with Tyler Farrar (Jelly Belly) and Mike Tillman (Schroeder Iron). The attack lasted nearly an hour before getting reeled in, and it kept the race moving at more than 30 miles/hour. The next day, on a 96-mile road race, Danny Pate launched a late attack that drew one opposition rider with him. Pate simply motored so hard he rode his opponent off his wheel and nearly soloed to the stage victory, getting caught only 800 yards from the line. During the final stage, several members of the team were active in early attacks, and the team took control of the front with only four laps remaining. All three of the flat stages ended with Gordon Fraser, a field sprint specialist, crossing the line first, but Prime Alliance filled second place twice with John Peters and Alex Candelario each falling just inches short of nipping Fraser. When the final overall results were posted, Vaughters had taken third, Pate was fourth, Creed was fifth, and DeCanio was tenth. With four riders in the top ten slots, Kirk considered the results satisfactory, especially since all of his riders are just getting their racing legs going for the season while Danielson and Horner have a major international tour under their belts already this year.

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB
P.O. Box 13258, Des Moines, Iowa 50310-0258

April 2003

Inside.....

*A Week in the Life of a
Pro Team*

Bike to Work Day

2002 BMX Year in Review

Critical Mass Thoughts

Printing for Business

IMPACT!

312 6th Avenue
Des Moines, IA 50309
244-5668

Des Moines Critical Mass
By Jane Riessen

"Bicycles aren't IN the way, Bicycles ARE the way."

Critical Mass is a celebration of cycling's many benefits over driving cars. It is a chance for ALL cyclists to come together as a visible reminder to decision makers and voters that there is an alternative to car dependent, inactive lifestyles.

Some large cities have displayed on their websites some examples of confrontational, counterproductive behavior. Of course provocation only hurt our cause. I urge you each to refrain from defining Des Moines' ride by the sensational stories of confrontations from a few larger cities. Instead, it is up to each of us who would have change in Des Moines to articulate that change beneficially.

Riders on Des Moines Critical Mass have so far defined the ride by respect for traffic rules. Indeed, the 60+ riders in the first Des Moines Critical Mass not only conducted themselves courteously, but also put pressure on the one or two riders who had a more confrontational agenda. To quote the City View article on Critical Mass, "[e]ven the three black-clad anarchists were well behaved." And Des Moines is ripe for a vigorous and positive onset of biking culture.

What is so great about Critical Mass is that it is up to each group to create its own identity. Sure there are a few extreme stories from OTHER cities is not to shy away from in Des Moines, but indeed to engage yourself, and reinforce the Des Moines group's POSITIVE habits. Its an exhilarating feeling to be a part of such a group.

5:00 p.m.
Last Friday of every month.
State Capitol, East Lot.
<http://criticalmass.thepants.org>