

NOVEMBER 2003

Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

THINKING ABOUT SUMMER 2004? or WHAT DO I GET FOR MY RAGBRAI® REGISTRATION FEE?

- Accident medical expense insurance in case you are injured as part of your participation in the event.
- Four ambulances and paramedic teams on the route each day.
- Traffic controlled by Iowa State Patrol officers at busy intersections throughout the day.
- Baggage transported from overnight-to-overnight community and unloaded for participants at the end of each day.
- Free sag service, which patrols the route to pick up riders who break down either physically or mechanically.
- 14 bicycle repair shops dispersed throughout the route, and additional repair services available in the campgrounds during the day and in the evenings. Participants will pay for their own repairs, however, the shops will offer discounts for registered participants on all repairs, accessories and RAGBRAI apparel.
- Provision for camping locations in each host community, in addition to food vending areas, shuttle services, shower services and entertainment.
- Portable toilets with hand-washing stations distributed among the community campgrounds.
- Route maps handed out at the community Information Centers and the RAGBRAI Merchandise vans.
- Colorful and distinct, route signs that mark the bike route and the separate support vehicle route.
- A free Campground Edition of The Des Moines Register each day.
- A free embroidered patch for week-long riders.
- Bicycle shipping stations managed by UPS at the end of the ride.
- Gifts for registered support vehicle drivers who attend the training meeting on the Saturday before the ride starts.
- Discounts at food vendors, bicycle repair shops, merchandise booths, and shower facilities for all registered participants displaying their wrist bands. Displaying the wrist band also will give you priority for sag service, bicycle shop repairs and many other services.
- The annual Exposition on the Saturday before the ride starts. The Expo features the latest in bicycle equipment, accessories and apparel.

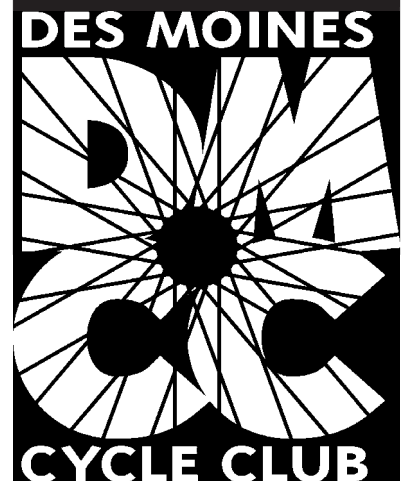
Whew! Is that enough to convince you that your registration fee is spent wisely by RAGBRAI®?

UPCOMING EVENTS

Tour-de-lights
Water Works Park
November 16

4th Annual Turkey
Day Ride
Ashworth Pool, 8AM
November 27

Christmas Lights Bike
Ride
Bike Country
Ankeny, 6PM
December 8



Preliminary 2004 IBRA Calendar

January

10: Indianola Roller DMOS/MS
17: Muscatine Roller
25: Ames Roller

February

14: Des Moines Roller JLU
15: Des Moines Roller DMOS/MS
21: Washington Roller
22: Iowa City Roller
29: Cedar Falls Roller

March

27: Des Moines Road JLU
28: Kent Park Circuit

April

3: Altoona Road DMOS/MS
4: DM Waterworks Circuit DMOS/MS
15: Elkhart TT DMOS/MS
18: Finchford Road
24: Iowa City Road
25: Old Capitol Criterium

May

13: Elkhart TT DMOS/MS
15: Junior/Master Stage Race MRT
16: Junior/Master Stage Race MRT
21: Bricks TT JLU
22: Bricks Road JLU
23: Bricks Criterium JLU
28: Burlington Road
29: Snake Alley Criterium
30: Melon City Criterium
31: Rock Island Criterium

June

10: Elkhart TT DMOS/MS
27: State Road

July

8: Elkhart TT DMOS/MS
16: Iowa Games TT
17: Iowa Games MTB
18: Iowa Games Road DMOS/MS

August

5: Elkhart TT DMOS/MS
8: State TT
28: Pella Race DMOS/MS
29: Pella State Criterium DMOS/MS

September

October

2: Des Moines Cyclocross DMOS/MS
3: Des Moines Cyclocross DMOS/MS
24: State Cyclocross DMOS/MS

November

14: Des Moines Cyclocross DMOS/MS

December

5: Des Moines Cyclocross

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>.

2003 Board Members

LORI LEPORTE, President

287-5556 or

greenbikespike@mchsi.com

MIKE RANSOM, Vice-President

961-8478 or mykbyk@peoplepc.com

TOM PHILLIPS, Secretary/Treasurer

277-7041 or tphil10007@aol.com

JONI SIEBENLIST, Ragbrai coordinator

961-7359 or dmcclub@peoplepc.com

DUANE BAIN, Membership

964-7322 or bikerduane@att.net

PAUL BLACK, Ride Chair

255-6194 or pblackleo@msn.com

Doghouse Racing BMX Team,

Newsletter Editors

961-5859 or

doghousebikes@mchsi.com

JOE TRAGESSER, Race Team

255-7579 or tragegger1@mchsi.com

MARK GARNER, Web Master

224-0190 or

markdavidgarner@hotmail.com

Would you like to receive your newsletter via email? It would arrive in a PDF file (open with Acrobat Reader). The advantages of a PDF file are: your newsletter can be viewed in color, the photos look especially great. You can print a copy if you like, or just save it on your computer.

If this sounds good to you, please email a request to dmcclub@peoplepc.com or doghousebikes@mchsi.com

DMOS/ MORTGAGE SOLUTIONS

Bicycle Racing Team 2004

Team Meeting
2pm
Sunday, Nov.
16, 2003
Urbandale
Public Library

If you're new to racing or looking to join a team, the DMOS/Mortgage Solutions bicycle racing team is having it's annual organizational meeting on Sunday, November 16.

We are the largest active bicycle racing team in central Iowa and organized over ten local racing events in 2003 for riders of all ages and abilities from January to October.

At this very important meeting we will be going over 2004 plans including team committees, races and events, introducing team members, signing rider contracts and ordering clothing. NOTE: Please bring cash/check to pay team dues and clothing on-site.

Please contact me if you have any questions or are not able to attend as accommodations need to be made for rider contracts and clothing order that is being placed within the next thirty days.

Long live long rides!

Marco
Race Team Director
marcthollander@crosspaths.net / 515.883.2722

More Information @ www.dmcycleclub.com

2004 DMOS/MS Team Mission:

ENCOURAGE growth of participation in local bicycle racing by providing opportunities to Juniors, Seniors, Masters, Women, Elite Regional and New Racers.

MENTOR team members to achieve their personal goals and provide the opportunity to lead the team in new directions.

LEAD Iowa's race calendar with events in 2004 including the 3rd Annual Altoona Road Race, Rosses Revenge Time Trial Series, Iowa State Criterium Championships, DM Cross Mafia Cyclocross Series, Iowa State Cyclocross Championships, Roller Races, and more new events to come!

IMPROVE our commitment to Iowa Mountain Bike Racing.

SUPPORT local racing events and racers, becoming the first choice for new racers of any and all levels.

DMCC/DMOS/Mortgage Solutions Race Team Rider Profiles:

Name: Mark Garner **Nickname:** Garnez **E-mail:** markdavidgardner@hotmail.com

Place of Birth: Lubbock, TX

Place of Residence: Des Moines, IA **Birthday:** 6/9/76 **Height:** 5'8" **Weight:** 145lbs

Road CAT: 5 **MTN CAT:** N/A **Occupation:** Software Developer

MY BIKES: MTB: Gary Fisher something, RD: Trek 2000

What will be your most important race/event for 2003? Name: Iowa Championships

Why: It was my first crit and also because it is our home-town race

Why did you start biking competitively?: I was hoping that I could actually be good at some athletic endeavor...I'm making progress

I have been cycling since: Seriously, for less than a year

Favorite pro cycling team and/or rider is: Roberto Heras

How many bikes do you own? 2 why? Got the mountain bike in college so that I could commute on campus

Any bike related injuries? left knee (healed now) Hurt it last year when I first started riding...too much riding too soon.

What was your best time on a bike? My first race.

What was your worst time on a bike? none so far...lucky me.

What do you consider your strength? I definitely don't have any strengths yet.

What is your favorite type of race? Flat crit

If you could be a pro in any sport what would it be: Basketball. I love to play, but I'm way too short.

Do you have any pets? dog and cat **Do you have any pet-peeves?** People who don't wear helmets when they ride.

Someone I look up to... Detrich Fischer Dieskau. He is a phenominal singer of both opera and leieder.

What was your first competitive sport? soccer

What is your favorite TV show? ER

What is the last movie you saw? Bourne Identity (rented)

What is the last book you read? Jack Nicklaus: Golf My Way

What is your favorite band/singer? Journey

What is your favorite food? Good Italian food

If you could live anywhere. Anywhere with bicycle paths

Hobbies/Interests other than cycling ... I sing opera and perform in musicals



MAKE A PLAN TO TRAIN FOR 2004 !

By Randy Catron, USA Cycling Expert Coach & NSCA/CSCS
Catronfamily@Prodigy.Net

Maybe you're planning to start training for the 2004 cycling year in January. Or, maybe you'll start on the first warm day of spring...probably sometime in April. And possibly, you may be one of those rare people we hear about who takes their bike out the week before RAGBRAI in hopes that 60 miles of training will get you through a week of hills, headwind and heat.

Well, because you belong to DMCC, and you're reading this article, you're probably one of the people who will start training sooner rather than later. That is "a good thing."

Most members of your DMCC Race Team (sponsored by Des Moines Orthopaedic Surgeons and Mortgage Solutions) will start training for the 2004 race season during November 2003. They need to be in race "form" by late April or early May. Their first outside race of the year is in the first weekend of April, and over Memorial Day is the Quad Cities races that many racers will try to peak for.

So how do the racers train for the upcoming season? It is more involved than occasionally riding rollers or a turbo-trainer, or going outside and putting in some miles over the winter.

Most racers will have four aspects to their training: strength/conditioning training; aerobic training; cross training; and nutrition. I will briefly describe each of these elements.

Strength and conditioning training: Most racers will follow a periodized strength and conditioning plan. It typically includes phases focusing on adaptation, strength, power, and sometimes muscular endurance. The goals are to develop strength and power in the legs, and increase core strength (abs, lower back). Racers typically do NOT use creatine when strength training. This causes weight gain which is not what racers want. When was the last time you saw a body builder who was a good bike racer? Strength training (even circuit training) is not a sufficient aerobic workout.

Aerobic training: Racers continue to ride in the winter months. They ride indoors on rollers, turbos, or CompuTrainers when it is too cold to ride outside. They may train once or twice a week together in groups, and some may take occasional spin classes (but spinning is no substitute for doing work on your own bike). The objective here is to maintain a base level of aerobic fitness, but it won't peak until spring when they can get out on the roads and do more intense work under race conditions.

Cross training: Cross training is participation in any sport or activity that increases strength or aerobic conditioning. Examples include running, skiing, rowing, tennis, just about anything that creates a beneficial effect on your muscles, heart or lungs. Many racers cross train in one or more sports over the winter to add variety to their weekly training.

Nutrition: If you've read about Lance Armstrong, and perhaps some other racers, you probably understand the importance of nutrition. Lance Armstrong is very picky about what he eats and how much he eats while in serious training. Jan Ullrich, a German racer who won the TDF, then lost the TDF, ballooned-up during one off season and was too heavy when the new season started. He didn't

get the weight off in time and didn't have a good ride at the TDF. The winter months are the time to adjust weight. For many of us racers, it means cutting weight at the rate of 1-2 pounds per week to be at ideal race weight by early to mid-April. In numbers, it takes a 3,500 calorie deficit each week to lose one pound of weight. In addition to eating nutritious and monitoring our calories, some of us will use supplements. During the winter I will take a daily vitamin as well as an anti-oxidant.

Putting all of these elements together requires knowledge, planning, and discipline. There are several good books that describe this process, with one of the best being "The Cyclist Training Bible" by Joe Friel. Of course, if you have a major cycling goal for 2004, you can consider hiring a licensed and experienced coach to help you develop a plan and stay on track. Dave Ertl is a central Iowa USA Cycling licensed Expert coach who currently has openings for new riders in 2004 (Ertld@hotmail.com).

So, a goal for 2004 may be for you to start training a month or two earlier than you did this year. Develop a plan and do your best to stick with it. The effort will be rewarded in one of your best years of riding ever!

DON'T FORGET TO RENEW NOW!

Memberships expire January 1st. If you haven't already renewed your membership, you will want to do so now. You don't want to miss any of this years many cycling events and newsletters.

Duane Bain — Membership

Photos and Newsletter articles wanted !

Please help to make our newsletter better. Take a little time to send me your cycling stories and/or photos. Fellow cyclists are interested in what you do! Please email to dmclub@peoplepc.com or doghousebikes@mchsi.com

CLASSIFIED ADS

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 Drafftlines is notified to continue the ad. Place an ad by calling Drafftlines at 515-961-7359 and leaving a message, or e-mailing to dmclub@peoplepc.com.

Santana Visa 24 speed Tandem

3 years old, large frame, shimano deore XT drive train, includes child's stoker kit. Paid almost \$3000, asking \$1200. Call Cindy Drost @ 641=673-0257

Vision 44 recumbent

Silver, day bag, mirror, new: June 2000 for \$1,840 + tax. Light use: \$920. 515 255 0798 Jon Ericson

Litespeed Titianium Blue Ridge

49cm, spingery spox wheels, shimano ultegra, Flight Deck computer, back rack. Bill or Ruth 369-8090.

Borthwick Tandem

new silver/gray paint, medium size, 3 sets of wheels built by Ernie Fisher using Phil Wood hubs - 36 hole, 40 hole & 48 hole. Call Ernie for more details...226-0172

Interested in advertising your business in Drafftlines?

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").

Des Moines Cycle Club Membership Application

- 1. Memberships run from January through January and include 10 issues of *Draftlines*, the club newsletter
- 2. Annual membership fees are: Family: \$20 and Individuals: \$15
- 3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Circle One: Family Individual Circle One: New Membership Renewal
 Names of all family members included in membership (Please print).

Address _____ City _____ State _____ ZIP _____ Phone _____

E-mail address _____

Riding Interests: Circle all that apply
 Racing Mountain Recumbent Tandem RAGBRAI® Volunteering

THE FOLLOWING WAIVER MUST BE COMPLETED AND SIGNED FOR ALL FAMILY MEMBERS:

LEAGUE OF AMERICAN WHEELMAN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in the Des Moines Cycle Club ("Club") sponsored Bicycling Activities ("Activities") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

2. FULLY understand that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS") (b) these risks and dangers may be caused by my actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMICAL LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE AND COVENANT NOT TO SUE the Club, the LAW, their respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED ON WHILE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OF OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant(s): _____ SEE ABOVE _____

Address: _____ SEE ABOVE _____ Date: _____

Participant's signature(s): _____

Parent/Guardian signature (if participant is under age 18): _____

November 2003

Draftlines

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

Inside.....

Race Team Profiles

Winter Training

Printing for Business

IMPACT!

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

Doghouse Bikes

Bicycles, Accessories & Repair
Skateboards & Apparel



Jamis
Fuji
Schwinn/GT
Redline
S&M
Standard
HH Racing

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

www.doghousebikes.com

www.sierrashmxclusive.com