

OCTOBER 2006

# Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

**THE ONLY CONSTANT IS CHANGE** and change has been happening in the DMCC during 2006

The most recent and challenging is the the resignation of Joni Siebenlist as our Ragbrai Charter coordinator.

Joni has been orchestrating this huge undertaking for the past ten years (at least) and has decided because of other interests that have taken a back seat in past years to move on. Those other interests involve BMX racing and BMX championships in Canada next year the same time as Ragbrai, so, we have a huge void to fill putting together next years plan. Interested in this challenge for your service group or club to head up a money making opportunity, email; [jack@jackmathews.com](mailto:jack@jackmathews.com).

Joni also have been editor of Draftlines and continues in that responsibility until we can replace her, so if anyone is interested in newsletters please step forward. The newsletter Draftlines comes out monthly and is distributed by email only, so no printing involved, just some pagination. A lot of the information comes from club members or other cycling information opportunities.

Other positions in the club open at this time are listed below, please, if anyone is interested respond to Jack's email address. This is a fun and dynamic organization with enthusiastic people heading up the different categories.

President: Jack Mathews [jack@jackmathews.com](mailto:jack@jackmathews.com)  
Vice-President: Judy Ackerman [runjudy@yahoo.com](mailto:runjudy@yahoo.com)  
Secretary / Treasurer: **OPEN**  
RAGBRAI: **OPEN**  
Membership Chair: **OPEN**  
Ride Chair: Tom Laughead [luggs1@yahoo.com](mailto:luggs1@yahoo.com)  
Newsletter Editor: **OPEN**  
Race Team Chair: Randy Catron [catronfamily@prodigy.net](mailto:catronfamily@prodigy.net)  
Web Administrator: Dan Kruzic [dkruzic@deezee.com](mailto:dkruzic@deezee.com)  
Publicity: Doug Landphair [dg152@mchsi.com](mailto:dg152@mchsi.com)

**RECRUITING** is ongoing for ride leaders during the week and weekends for next year. A ride leader simply determines road or trail, location, distance and type of ride, that is; training, family, ice cream, food ride, fall color ride, chili ride, nature ride, evening ride, recumbent ride, etc. for the

## UPCOMING EVENTS

It's Another Day in  
Paradise  
Bike World West  
10/7/06

Lap around the Bluffs  
Council Bluffs, IA  
10/8/06

Raccoon River Valley  
Trail Festival  
Panaora, IA  
10/14/06

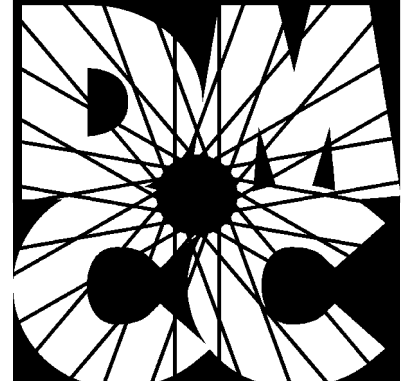
Bad Monkey Benefit  
Indianola, IA  
10/14/06

Sons of St. Pat  
Charity Ride  
Des Moines, IA  
10/14/06

Alley Cat Race  
Des Moines, IA  
10/20/06

Check [bikeiowa.com](http://bikeiowa.com)  
or [bikeiowa.org](http://bikeiowa.org) for  
details

DES MOINES



CYCLE CLUB

purpose of meeting and riding with people of like interests. There is no limit for the type of rides one may enjoy, so contact Tom Laughead at [thomaslaughead@yahoo.com](mailto:thomaslaughead@yahoo.com) to become involved with the ride of your choice. The DMCC will publicise the event on our website and bikeiowa.com.

The date of the **ANNUAL YEAR END BANQUET** has been set for Thursday November 16, 6:00 p.m. tentatively at Biaggi's Italian Restaurant in West Des Moines. An agenda full of excitement and interesting speakers including founding members will hold the interest of all plus an awards ceremony honoring those of dedication and accomplishment. Please mark this date on your calendar as more information will follow and a RSVP will be required for planning purposes. BE THERE!

**FREE! DMCC logo water bottle**, read below!

The membership in the club has doubled 2006 and the coming year looks very exciting. Membership applications can be filled out now and are good through December 2007 by going to the DMCC website [www.dmcycleclub.com](http://www.dmcycleclub.com) and clicking on Membership then downloading the form, filling it out, write a check send to the POBox listed on the form. All applications received before the banquet will receive a \$10 DMCC logo WATER BOTTLE FREE delivered to you at the banquet.

Please check our new and updated website:  
[www.dmcycleclub.com](http://www.dmcycleclub.com)

This new website is possible through our generous sponsor:  
DeeZee - The Quality Truck Accessory People



# 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](mailto: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](mailto:DMCCclub@peoplepc.com).

## DMCC INFORMATION

For news on upcoming rides and other events, visit our newly updated website at [www.dmcycleclub.com](http://www.dmcycleclub.com).

## 2006 Board Members

JACK MATHEWS, President  
[jack@jackmathews.com](mailto:jack@jackmathews.com)  
JUDY ACKERMAN, Vice President  
[runjudy@yahoo.com](mailto:runjudy@yahoo.com)  
TOM PHILLIPS, Secretary/  
Treasurer  
[phillips7041@msn.com](mailto:phillips7041@msn.com)  
ZAC ANGUS/TOM LAUGHEAD,  
Membership  
[clintangus@yahoo.com](mailto:clintangus@yahoo.com)  
[luggs1@yahoo.com](mailto:luggs1@yahoo.com)  
JONI SIEBENLIST, Ragbrai/  
Newsletter  
[dmccclub@peoplepc.com](mailto:dmccclub@peoplepc.com)  
TOM LAUGHEAD, Ride Chair  
[luggs1@yahoo.com](mailto:luggs1@yahoo.com)  
RANDY CATRON, Race Team  
[catronfamily@prodigy.net](mailto:catronfamily@prodigy.net)  
Dan Kruzic, Web Administrator  
[louisa117@mchsi.com](mailto:louisa117@mchsi.com)



# DES MOINES CYCLE CLUB

WE WANT YOU!

The DMCC is looking for enthusiastic, energetic ride leaders to go into the next cycling season. This is an easy and fun job...just invite others along on a ride you would normally go on yourself or with a few friends. You don't have to have any mechanical knowledge or even be fast, just be sociable and be ready to have a good time.

All you have to do is pick a day of the week that works for you, a start time and show up, the rest is easy--JUST like riding a bike!! DMCC will promote the ride by posting it on our website, [dmcycleclub.com](http://dmcycleclub.com) and [bikeiowa.com](http://bikeiowa.com)

We are looking to establish rides going down the Great Western Trail (Martinsdale), Raccoon River Valley Trail (Waukee) and Chichaqua Valley Trail (Baxter trail)

Just drop me (Tom Laughead) a note about any ride you have in mind and we can make it happen.

For more information:

**[www.dmcycleclub.com](http://www.dmcycleclub.com)**

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## 2006 NCCA Track Cycling Championships, Major Taylor Velodrome, Indianapolis, Indiana

by Joni & Rich Siebenlist

This page is for those of you who have watched our daughters grow up on bicycles. We thought you may be interested in what they have been up to lately. Kristin has graduated from Marian College in Indianapolis with a degree in Graphic Design. She is currently working for Herff-Jones in the photography department and will also be doing part time design work for the Indianapolis Zoo. She continues biking of all kinds and focuses on velodrome racing and BMX. Sierra is a sophomore at Marian College, one of the few colleges in the country that gives athletic scholarships for cycling. Her first love is BMX racing but is becoming very fond of the track thanks to her new coach at Marian, Dean Peterson. She is excelling in the short sprint events and credits this talent to her BMX racing.

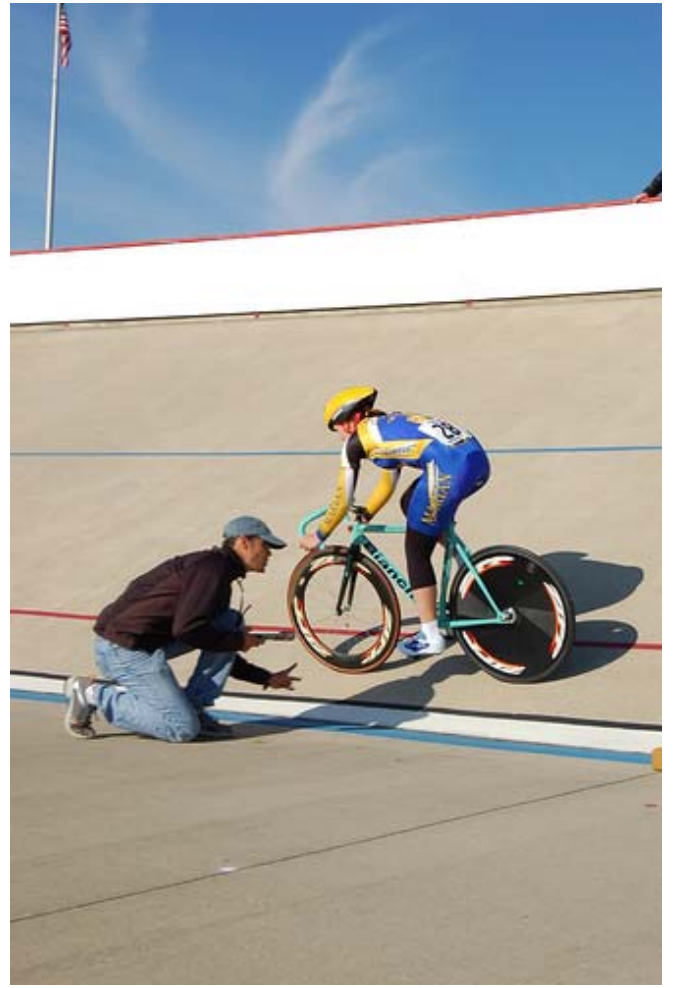
Dynasties are not a new thing in sports. There have been many dynasties in college, professional and Olympic sports. But, did you know there is a dynasty in NCCA Track Cycling? The Marian College cycling team furthered its dynasty status after it earned the 2006 National Collegiate Cycling Association Track Cycling National Championship on 9/23/06 at Major Taylor Velodrome in Indianapolis. The Knights have now won nine of the last 11 team national championships. The Knights earned a total of 910 points to win by almost 200 points over Indiana University (712) and 270 points over Penn State (640).

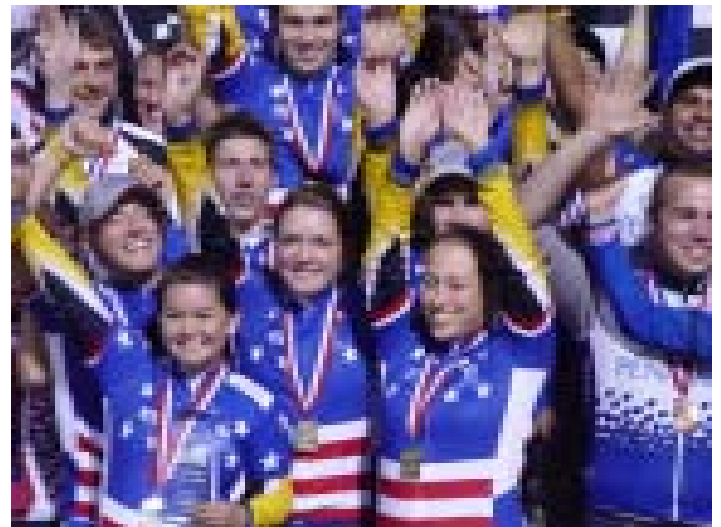
Our depth is the key, said head coach Dean Peterson. The women did fantastic all weekend and the men delivered when they were asked. This team deserves this honor and it is great for Marian College to earn another national title.



This is Sierra's first Stars & Stripes jersey. She earned 2 silver medals and one gold medal in this competition. Kristin and Sierra also continue to belong to DMCC/DMOS/Bike World Race Team and are thankful for the support and encouragement they have received over the years. If you wish to reach the girls, they can be found via email. Sierra is [bmrxgr1151@hotmail.com](mailto:bmrxgr1151@hotmail.com). Kristin is [k\\_siebenlist@hotmail.com](mailto:k_siebenlist@hotmail.com). Please see the next page for more NCCA Championships photos.

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## A message from Conn Day of Two Bee Racing that was sent through the Bike Iowa yahoo group.

As I stood in the rain at Lake Macbride, I had a moment, all be it brief, of enlightenment. We had a total field of 8 riders and a volunteer staff close to the same. A few of these were Bees feeling under the weather but they still came out to help. One of the riders came to me and suggested I give credit to these volunteers by name along with the results. This is when it dawned on me, my place in putting on these events. I am the administrator of appreciation. People have often said thanks for the race, Conn when in fact I raced that day as well. It was little Ruth or Sue facing hostile red-necks at the turnaround and Bridget trying to keep track of our kids as well as keep time. These people don't even race, they just make it happen... This is when the rays of light shown down and I heard the harps. Races like the Memorial Day weekend are just the finished product of layers and layers of selfless people. Our families that support (and sometimes tolerate) our quest

People like Rick Paulos and Mark Guthart that keep this all from being chaos. People like Paul Deninger and other coaches who help us improve and compete which is the only way we can hope to stay interested. And yes, the many volunteers without which you could forget any race including roller races. I could not name all the people that make the Bee races happen, some were even people with other teams that just pitched in. The Iowa City Crit and RR are great and I get goose bumps just thinking about them, but grassroots seems to finally have a place in Iowa as well. Thank yourselves for that. Especially guys like Lee V, Josh Tack, John Adamson, Rick Hopson, Scott Wall and Dan Reasoner some of the best in our state who weren't to big to come out and do our events which made it ok for others to try as well. Lee would even hold back and play with the pack giving support to newbees that helped them on their way to the next level. It will be the base that makes your sport stronger. Take some of the spirit from Williamsburg with you to the big events. Big is great but take time to thank volunteers yourself, you will get more than the cost of the entry no matter the size of the event.

So on behalf of the Bees, I would like to thank all who have helped at any race this year from volunteers to sponsors to refs. On behalf of all those who have thanked me I will extend it on to Ruth, Sue, Bridge, husbands, wives, and other teams who actually did the work. And I would be the last not to thank Michael Edwards for our website and Jason Weldon of Scheels for putting our efforts together.

It has been another great season. To those that pitched in for gifts for Bridge and I, this was truly sweet and much appreciated.

Please remember grassroots goes deeper than just what you see on the surface.

Thanks again,  
Conn Day

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## To the Des Moines Cycle Club from Mike Ransom

Another Ragbrai has come and gone, and with that club changes are coming. The “Doghouse gang” has retired and I think some reflection is due. For the past 10 or so years, Joni and Rich Siebenlist have coordinated Ragbrai for the DMCC and for the last 7 years, I have been a part of that experience, as well as VP of the club for most of those years. I have helped out on MAR many times as well as running the Outback ride to Pella several times, hosted club picnics and annual banquets. I would like to take this time to send thanks to Joni and Rich for all of their help over the last few years. No matter what type of function, Doghouse Bikes was always there to lend support. DMCC members always got a discount on merchandise purchased and Joni always provided club prizes at cost. It's been a grand ride and all that's left is for me to say,

“Let's go DMCC, Yer Burnin' Daylight!!!”

## To the Ragbrai Crew from Andy Anderson

Please forward my thanks to Mike, Lisa and all the support crew for helping me get to the EMT tent on Friday the 28th in Coralville. I was severely dehydrated and hit the wall of heat stroke. By the time they were done with me at the hospital ER, they had dumped 5 liters of fluid into my left arm, ran me through a CT scan, and did a spinal tap to check for meningitis. I would have had a much rougher go of it without their quick action in getting the EMTs and starting to get me cooled off right on the spot. All of the people who got my stuff back into my tent, my bike onto the truck, and the bike all the way back to Des Moines, were wonderful!!!!!! Just got to go back to work today; the aftereffects of heat stroke, and the spinal tap, lingered.

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**Ride Calendar - All ride groups begin the week of April 6 unless otherwise noted**

**MONDAY**

**BikeWorld Merle Hay** Merle Hay Road and Urbandale, Des Moines 6:00pm - Take a ride down the Inter-Urban trail and on towards the Neil Smith Trail. (Ride duration 1-2 hours / 10-15 mph —no one left behind!)

**TUESDAY**

Do you have a favorite ride? Sign up to be a ride group leader!

**WEDNESDAY**

**Irwin's Bike and Sport** 5500-Merle Hay Rd, Johnston Each Wednesday meet at 5:30. Ride starts 5:45 all 3 options leave from the store. 1-Easy family ride for all ages, Johnston bike trails - milage what ever you can handle 1mile -? 2-Intermediate, Saylorville trails - 15-20 miles 3-Advanced, roads - 30-40 milesNo one left behind - Please join us for dinner afterwards.

**Rasmussen Bike Shop** 3rd and Grand W. Des Moines 6:30 PM Off Road ride, CITA leads this ride through the old Science center and Denman Woods off road trails and join all for taco's at Griff's in Valley Junction afterwards. Easy to moderate pace 1-2 hours.

**THURSDAY**

**B-Bops**, 73rd Street, Windsor Heights **6:30** Please join Jack Mathews and Judy Ackerman 12 mph to 15 mph-15 to 25 miles, 12 mph and under-10 to 15 miles, ride on trails only, family ride 7:00 pm, 5 miles, starts and ends at B-Bops, refreshments available, plenty of parking.

**FRIDAY**

**BikeWorldAshworth and 60th** 6:00 AM Road ride 15-20 mph loops of 1,2 and 3hours

**SATURDAY** OPEN

**SUNDAY** OPEN

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Random Ragbrai photos:



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## Volunteer Opportunity!

We have the opportunity to have a booth at the DM Marathon Expo Friday the 13th 3-7:00 p.m. and Saturday the 14th 10:00 am to 6:00 p.m. I need members of the core group to help, let me know when you might be available.

Also Tuesday the 17 at 5:00p.m. is the Ride Right picnic sponsored by the Des Moines Register and hosted by the DMCC at Cottonwood 4. Please let me know who will be helping there. Forrest is grilling.

Jack

### 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 Draftlines is notified to continue the ad. Place an ad by emailing your exact wording to [dmclub@peoplepc.com](mailto:dmclub@peoplepc.com) or [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)

### 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").



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

October 2006

*Printing for Business*

# IMPACT!

312 6th Avenue  
Des Moines, IA 50309

**244-5668**