

FEBRUARY 2006

# Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

## RAGBRAI® XXXIV REGISTRATION INFORMATION

We will use the Ragbrai® online registration again this year.

If you do not have internet access, call Joni Siebenlist at 515 961 5859 (evenings) or 515 241 5050 (work)

Go to [www.ragbrai.org](http://www.ragbrai.org) - click on Registration, then application

Click on complete an application form online

Follow the instructions:

- Register as a member of the existing group: Des Moines Cycle Club - 00025
- Register as one of the following:
  - one who has registered in the past
  - new person
  - cannot find the previous record

Follow the instructions:

- Verify your registration, make sure you include a working email address
- Print your confirmation
- Print and sign a waiver

Save your unique ID if you would like to look up the lottery results after May 1.

Your registration will be emailed to Joni Siebenlist who will confirm receipt.

On the confirmation page that you printed:

add the club fee for charter bus (\$130) or luggage service (\$80) optional tent service fee (\$130) to the confirmed Ragbrai® fees (*Example: week long rider with charter bus and a jersey - \$155 from confirmation page + \$130 charter bus = \$285*)

*You must be purchasing a club service (charter bus or luggage service) to obtain tags through our group, Des Moines Cycle Club.*

Write a check for the total amount to DMCC

Send the confirmation page, waiver, and check to:

Joni Siebenlist, 8784 95th Ave., Indianola, IA 50125

**Please do not send paperwork to The Register!**

**All paperwork must be postmarked by February 21, 2006.**

See complete Ragbrai® info on page 4.

## UPCOMING EVENTS

DMCC Org. Meeting  
Bike World West  
2/27/06

Icicle Bicycle Ride  
3/18/06  
Clinton, IA

Chill i Ride  
Newton, IA  
3/19/06

Altoona, RR  
Altoona, IA  
4/1/06

Waterworks Park Crit  
Des Moines, IA  
4/2/06

Elkhart TT  
Elkhart, IA  
4/6/06

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



## THE 2006 "I-80" RIDE: TIME TO GET THE HEART PUMPING

So, let's ponder what we know about the 2006 "I-80" ride. It is going to be approximately 444 miles in length. Seven days of riding for an average of about 64 miles per day. That distance should be manageable for most of us.

The ride is primarily crossing the center of the state. This area has some climbs, but not as hilly as southern Iowa. The route is definitely hillier than northern Iowa.

The century loop day will probably be Wednesday (or so I've been told). If so, this could be a challenging day, especially if the extra miles are in southern Iowa. If the century loop does head south out of Waukee, those doing 100 would be advised to do extra hill work to prepare.

The gap between some overnight towns is short. For example, Marengo to Coralville is listed as 28 miles on MapQuest. What does that mean?

Potentially north-south, or south-north riding. Riders should not neglect training in crosswinds during their rides leading up to RAGBRAI.

For 2006, I think we'll use the same training model we used in 2005 (unless I'm convinced there is a better way to design this for all of you). The model places riders into one of three categories: Leisure Pace (average 12 miles per hour or less), Moderate Pace (average 13 to 17 miles per hour), and Fast Pace (average 18 or more miles per hour). Most of you will be in the Moderate Pace category (based on my observations from many, many RAGBRAIs).

This month I won't give you a specific weekly training plan. But I do want you to do a couple things this month.

First, get checked out by your physician (if you haven't had a physical in the past 12 months). Tell your doc you are riding RAGBRAI, and you don't want to "croak" during the ride. Depending on your age, the doc may do several tests on you. Most physicians will give you a general exam (listen to your heart and lungs, take your blood pressure, ask you how you've been feeling, etc.). They should also do a blood profile. Depending on your age and medical history, they may also do an EKG (check the electrical signals to your heart). Chances are, your doc will tell you, "You're good to go, just be sure to wear your helmet."

Second, start exercising now. I want the majority of the exercise to be aerobic. That means exercises that cause you to breathe more rapidly, deeper, and makes your heart beat faster. A variety of exercises and machines can create that effect (cycling, running/walking, elliptical, stair stepper, cross country skiing, Valentine's activities...). Any chance you have to ride outside for at least one hour in February (especially for us in the Midwest), take it. If you live where it is warm, ride outside for more than one hour at least once a week as part of your aerobic training.

You should also do some other conditioning exercises that emphasize strengthening the muscles in your legs and your core (stomach and back). Don't omit arms and shoulders, but having "big gun" biceps won't make you a better road rider. Classes like yoga, pilates, and Spinning are great for this time of year.

Depending on how you categorize yourself based on the training model, here is your exercise goal for the month of February:

Leisure Pace: 3 to 5 hours per week (includes aerobic and conditioning)

Moderate Pace: 4 to 7 hours per week (includes aerobic and conditioning)

Fast Pace: 6 to 10 hours per week (includes aerobic and conditioning)

Next month we'll talk about the outside training. And I'll give you a minimum number of miles, based on your category, that you should ride to prior to the 2006 RAGBRAI.

*Randy Catron is a USA Cycling licensed expert coach and also a certified strength and conditioning specialist (NSCA-CSCS). He is director of the Iowa Cycling Academy ([www.IowaCyclingAcademy.Com](http://www.IowaCyclingAcademy.Com)), the Des Moines Cycle Club Race Team, the Iowa Juvenile Diabetes Research Foundation Cycling Team, and race director for the Iowa Games road race. You can reach Randy at [CoachRandy@IowaCyclingAcademy.Com](mailto:CoachRandy@IowaCyclingAcademy.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](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 <http://www.dmcycleclub.com>.

### 2006 Board Members

VACANT, President

MIKE RANSOM, Vice-President  
961-8478 or [m.ransom@mchsi.com](mailto:m.ransom@mchsi.com)  
TOM PHILLIPS, Secretary/Treasurer  
277-7041 or [phillips7041@msn.com](mailto:phillips7041@msn.com)  
JONI SIEBENLIST, Membership/  
Ragbrai coordinator  
961-5859 or [dmcclub@peoplepc.com](mailto:dmcclub@peoplepc.com)  
PAUL BLACK, Ride Chair  
255-6194 or [pblackleo@msn.com](mailto:pblackleo@msn.com)  
Doghouse Racing BMX Team,  
Newsletter Editors  
961-5859 or  
[doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)  
Randy Catron, Race Team  
[catronfamily@prodigy.net](mailto:catronfamily@prodigy.net)  
MARK GARNER, Web Master  
224-0190 or  
[markdavidgarner@hotmail.com](mailto:markdavidgarner@hotmail.com)

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## SAFETY DATA FROM Ragbrai 2005

Michael Schwemm, MD

Behind the scenes at most mass gathering events, from high school football games to the Indy 500, is a team of paramedics, EMTs, nurses, volunteers, and physicians that try to predict and prepare for whatever emergencies may arise. With RAGBRAI, it's not only whatever, but wherever, with riders often spread out over more than 50 miles and long distances between hospitals.

Throw in the elements of prolonged physical exertion and the extremes of July weather in Iowa, and you have an event that is unlike any other.

Data was collected during RAGBRAI 2005 by the Care Ambulance crew and emergency medicine residents from the University of Iowa in hopes of identifying injury patterns. The eventual goal of this research is to improve the safety of riders in future RAGBRAIs.

We anticipated that it would take several years to gather enough data to make safety recommendations or detect trends. To our surprise, there were injury risk factors that jumped out immediately. Without getting into heavy details, here's what we gleaned from last year's information to help avoid a ride in the back of an ambulance:

**1) Avoid draft lines.** Most people involved in serious accidents and with significant injuries were riding in or near a draft line. This caused far more serious crashes than all other causes combined. Side-to-side rider entanglement was the second leading cause of accidents behind drafting.

**2) Accidents equally involved all age groups and skill levels.** Professional riders were just as likely to be seriously hurt as novices.

**3) Ride Right.** Most biking fatalities in the United States are caused by bicyclists being struck by automobiles. Stay on the right side of the road and avoid placing your life in the hands of the oncoming driver. This is difficult when packs of riders make the left lane crowded, but the bicyclist always loses.

**4) Helmets save lives.** We witnessed this several times last year. The price of an \$80 helmet pales in comparison to the medical bills associated with closed head injuries. Most bikers wear helmets, although this would ideally be one hundred percent. Many RAGBRAI regulars have witnessed someone carrying the shattered remnants of their helmet in their hands, shaken and bruised, but walking, talking, and alive nonetheless. Of course, helmets only serve their purpose when they're actually worn.

**5) The vast majority of riders are not intoxicated, but alcohol-related ailments were frequently seen.** This includes everything from nausea and vomiting to dehydration to heat exhaustion. Even after a couple of drinks, coordination, balance, and reaction time significantly worsen.

**6) The same medical emergencies can and do arise on RAGBRAI as anywhere else.** Ten-thousand riders over a physically taxing week will experience at least as many medical problems as the general population. Strokes, heart attacks, diabetic complications, and other critical emergencies happen. If you feel something is just isn't right, see another rider who is having problems, or have any other questions or concerns, flag down an ambulance immediately.

For every accident we saw on the road, there were an impressive amount of other riders that were stopped and assisting. Care provided by first responders at the scene of an accident was outstanding last year, and can make a huge difference. Simple acts such as waving down an ambulance, alerting other riders to rumble strips and cars, and merely check on a fallen biker are incredibly helpful.

We can never eliminate all accidents, but by strapping on your helmet, steering clear of draft lines, Riding Right, and taking it easy with the alcohol, you can help ensure you'll be dipping your tires in the Mississippi River.

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## Des Moines Cycle Club RAGBRAI® XXXIV Information

The Ragbrai® coordinators, Rich or Joni Siebenlist must receive your confirmation of registration printed from the on-line process located on the internet at [www.ragbrai.org](http://www.ragbrai.org) postmarked by February 21, 2006. Please send the confirmation, signed waiver, and check or money order payable to DMCC for all fees to 8784 - 95th Avenue, Indianola, IA 50125. All waivers must be signed and returned with your Ragbrai® confirmation.

Des Moines Cycle club members who apply through the club must not apply for additional Ragbrai® tags through the Register's lottery or through another club or organization. The Register checks for duplicate names and these individuals are completely eliminated from receipt of credentials.

If you have an email address, please indicate it so we can confirm receiving your application. We will send all correspondence by email. Tags will be distributed upon check-in at Charter Bus on July 22, 2006. If you are not traveling on the Charter Bus, you may request your tags be sent via mail. After May 1, 2006, you will be able to check the lottery results at [www.ragbrai.org](http://www.ragbrai.org). You will need your unique ID # found on your confirmation page that you printed from the on line registration process.

**Fees:** You must purchase either a charter bus ride (\$130) or luggage service (\$80). Tent service option: If you choose this option, you will have a tent provided and set up for you each day. Each 3-person tent should be large enough for two people and their luggage. Cost is \$130 for the entire week of Ragbrai®. Funds generated from the tent option will be used to support young racers of the Des Moines Metro BMX association that will be working during the ride. Thank you for your support.

There will be NO REFUNDS after you have received notification of acceptance. The coordinators will keep a "wanted" and a "for sale" list, but will not be involved with the sale or transfer of credentials.

DMCC will provide charter bus and luggage transportation to any individuals who acquire their own Ragbrai® credentials. A DMCC membership is not required to use the club's charter bus or luggage transportation; however, DMCC membership is required to purchase Ragbrai® credentials through the club.

Bike boxes will be used as dividers between bicycles on the trucks. Each person is allowed only one bicycle. Tandem riders may bring only their tandem. Each rider is limited to two pieces of baggage (excluding your bicycle) with a maximum combined weight of 40 pounds. Each bag should not exceed 20 pounds. No suitcases, please. We strongly recommend some type of duffel bag. Additionally, no items should be attached/tied to the outside of your baggage.

Emergency sags: we have limited space available for individuals needing to sag for a day due to illness or injury. One of the truck drivers will be in charge of assigning seating in the event a rider needs to sag.

The Des Moines Cycle Club will not be responsible for lost, stolen, or damaged items. Please remember: You are responsible for ensuring that your baggage and cycling equipment are loaded on the proper vehicle during Ragbrai®.

On July 22, 2006, we will be loading the trucks and buses at the Clive Hotel & Suites, located at 11040 Hickman Road (across from Living History Farms) in Des Moines. Their phone number is 515-278-5575. They are offering a nightly rate of \$59.95. For those participants that will be arriving via air transportation, we recommend arriving on July 21 and departing on July 30, 2006.

The Des Moines Cycle Club Board of Directors strongly recommends that all individuals participating in Ragbrai® XXXIV wear approved bicycle helmets and follow the rules and laws that pertain to riding a bicycle on public roads. The Des Moines Cycle Club promotes safe cycling.

Questions? Email us at [dmcclub@peoplepc.com](mailto:dmcclub@peoplepc.com) or [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)

**If you do not have internet access and need assistance with the registration process, please contact Joni Siebenlist @ 515 961 5859 (evenings) or 515 241 5050 (daytime - work).**

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## TOWNS GEAR UP FOR RAGBRAI

By Bill Reiter, Register Staff Writer, January 27, 2006

The Register's Annual Great Bicycle Ride Across Iowa will cut across the middle of the state this year, stopping overnight in three towns for the first time and in Newton for the first time in 30 years.

The 444-mile ride will start in Sergeant Bluff on July 23 and end in Muscatine on July 29. The ride also overnights in Ida Grove, Audubon, Waukee, Newton, Marengo and Coralville.

"It's obvious Newton has been in the news, and they've had some interesting headlines the last couple of months, and we felt it would be a great positive event to go in there," said T.J. Juskiewicz, the RAGBRAI director.

Organizers said this year's ride will introduce a beloved event to three cities that have never hosted RAGBRAI overnight - Sergeant Bluff, Waukee and Marengo - and return to others after decades.

"We're seeing more and more towns that have never approached us before to host RAGBRAI calling and asking that the ride come through their town," said Brian Duffy, The Des Moines Register's editorial cartoonist and a RAGBRAI organizer. "Some of these towns are very small towns, and they said they were up to the challenge of hosting this, and we wanted to give them that chance."

In contrast, this is Muscatine's fifth turn to stage the end of the ride — "which is a record for any ending town," Duffy said.

The ride looks to be the eighth-shortest RAGBRAI, Juskiewicz said, but organizers promised it wouldn't necessarily be the easiest.

### **KICKOFF: SERGEANT BLUFF**

There were two reactions in this town south of Sioux City when news came Thursday that it would kick off RAGBRAI for the first time: An immediate shock of fear followed by the kind of elation only a small town can feel when it's told that thousands of people will stop by for a visit. "We were like, 'Oh, my!'" said Paula Moriarty, the town's RAGBRAI co-chairwoman. "We submitted (our application) thinking there was no way we'd be accepted. Then they called. . . . It's going to be a lot of work and a lot of fun."

### **SUNDAY NIGHT: IDA GROVE**

When riders get to Ida Grove, which hosted overnight stops in 1988 and 1977, they will see something not expected in Iowa — castles. "Byron Godbersen, the owner of Midwest Industries, traveled a lot and saw castles and liked them so that he built his business to look like a castle," said Diane Albron, the city clerk. "He built our local newspaper, which looks like a castle. There are knights standing outside, and a skate palace — a skating rink and convention center."

### **MONDAY NIGHT: AUDUBON**

Terrie Blohm smiles when she thinks about RAGBRAI coming back through town. Riders haven't spent the night here since 1986. "Last time they came through, my mom and dad owned a bar and grill," she said. "We met a lot of neat and interesting people." It's a chance for riders to meet Albert, Audubon's larger-than-life bull. "He's huge, and everyone goes down there to have pictures taken with him," Blohm said.

### **TUESDAY NIGHT: WAUKEE**

"This is pretty doggone neat," Mayor Bill Peard said. "We are thrilled beyond comprehension. We've always known Waukee is a pretty special place. Now we get to share that with people from Iowa, the country and the world." Tony Shepherd, the manager of Mickey's Irish Pub, said he can't wait to see riders coast in to town. "They're going to find a very welcoming place," he said.

### **WEDNESDAY NIGHT: NEWTON**

"It's going to be awesome," said Richard Dean, who owns Palmas Steakhouse downtown. "Any opportunity for the town to move ahead is very, very important. This is a major event. We're going to be well-prepared for everyone who's coming. With Maytag, everything's still so unsure. We need to move forward, and this really helps."

### **THURSDAY NIGHT: MARENGO**

This town wants to show off its striking views of the Iowa River and its sprawling nature trails. "Our community members are second to none in the state," said Carl Schumacher, the city administrator. "People are going to see hospitality, food, cleanliness. . . . We're on cloud nine."

### **FRIDAY NIGHT: CORALVILLE**

Mayor Jim Fausett hopes riders will get to see more of Coralville than they did last time it was a host, in 2001.

"They had a really rough day getting to Grinnell," said Fausett about the overnight town before Coralville. "It was a tough day, and most of the cyclists didn't get in until quite late. They didn't get to see everything we had set up for them." This year, he said, "People will have a great time."

### **FINAL STOP: MUSCATINE**

"We've got lots going on here," said Lindsey Merten, who works at Diamond Dave's. "Downtown is being redone. It looks just like a Christmas walk with old lanterns and development. This town is just breathtaking."

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# 2006 DMCC Organizational Meeting

Monday, February 27, 2006  
Bike World West, 60th & Ashworth  
West Des Moines  
6:30 PM

Everyone is welcome to attend.

Please bring ideas for ride groups, social gatherings, informational meetings and any other suggestions you may have. Help us plan a great year of cycling for the Des Moines Cycle Club!

## 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 [dmcclub@peoplepc.com](mailto:dmcclub@peoplepc.com) or [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)

## Please submit new adds for 2006

**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").



# Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

P.O. Box 13258, Des Moines, Iowa 50310-0258

Inside.....

**RAGBRAI XXXIV**  
*Registration Info*

**DMCC Organizational**  
**Meeting**  
**2/27/06**  
**Bike World West**  
**6:30 PM**

*Please remember to  
renew your membership*

**February 2006**

*Printing for Business*

# IMPACT!

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