

A Letter from Interim President, Dan Kruzic



No, this isn't Dan Kruzic, it's just a stand-in until Dan gets a picture taken. However, the resemblance is amazing!

Anticipation, the excitement the week before Ragbrai is always high. It's amazing how the human mind works. We've forgotten about the heat and the cold, the scorching sun and the storms, getting up at the crack of dawn after sleeping in a pool of sweat (or worse), getting out of a wet tent and putting on wet clothes. Do we not remember how our butts feel as they first touch a bike seat for the first time on a Ragbrai morning? Hurts don't it!

Like a bunch of army ants we blindly follow each other in those pre-dawn hours, like the person in front of us knows the day's route. We

never fail, the procession leads its way out of town converging with the thousands of other riders. We begin to talk to each other, OK bitch, but that somehow puts a smile on our face, and that smile turns into a giggle, then a laugh and thus starts another great day on Ragbrai. We do it over and over, day after day and year after year.

Why we do it is impossible to justify to a non-rider, hell we can't explain it to ourselves.

Sure it's the scenery, the great Iowa small towns, meeting others from all over the world with the same passion for cycling as us. It might be we're adrenaline junkies or endorphin addicts or just want to see how hard we can push our old hearts before they explode. But we do it; we even lie and tell others that we trained for months to do it. Sure, I've been riding hills all spring just like Duffy said to do.

Like a bunch of army ants we blindly follow each other in those pre-dawn hours, like the person in front of us knows the day's route.

I've ridden four Ragbrai's in a row now and I promised to take a year off. For a lot of reasons I like to skip one now and then, I think it keeps the excitement even higher for me. Since my wife doesn't go (no tents for her) it gives us time for a family vacation, and sitting on a beach

somewhere is a good substitute from time to time. But this year's ride goes through my old hometown of Solon. Should be a good breakfast stop on Friday. I haven't been back home in years, and it'll always be home, so I'm looking forward to it.

So we'll see you somewhere on the route. You'll be able to recognize me. I'm usually the one bitching the loudest in the morning.

I want to thank everyone who attended our July picnic. I think this is the largest turnout we've had for a club event so that makes all of us enthusiastic for the future. The shelter at Colby Park really worked out well. It was air-conditioned and, once the rain hit, protective. Plus it was a good environment to eat and to listen to the presentations. To bad they are tearing down the shelter very soon. Thanks to everyone who helped out! We've got some plans in the works for a few more club events this fall. We'll make announcements in the coming weeks.

A quick word concerning the proposed Dallas County ordinance. As of right now, it appears that the supervisors have tabled the proposal for the time being and possibly for good. We'll all keep an eye on any moves they make and will let everyone know if we need to react.

Continued on page9



A Note From the Editor...

Dear Cycling Friends -

More than likely, by the time you read this, all you RAGBRAIer's will be back home sitting on some blow-up donuts resting your tushes and back to sleeping in your own beds.

I on the other hand will be just beginning my Wisconsin ride, SAGBRAW (almost as many miles, less frenzied). Ahhh...the joys of sleeping on the ground after a 70 mile day. Ugh.

My friend, Susan and I are riding SAGBRAW with my uncle and aunt, Jim and Pam Farrell. They are the ones responsi-

ble for getting me hooked on these week long bike rides! On this particular ride, we are celebrating my Uncle Jim's 70th birthday. And, I hate to admit this, but that old guy can ride circles around me! He broke a couple of fingers a few days ago...this may be my only chance of leaving him behind since he can only shift with his right hand now. This may work in my favor! *(Gosh, Jim...I sure hope you'll be able to make it!).*

In all honestly though, I'm hoping to do many, many more bike rides with him in the years to come. I'm looking forward to our ride and will bring back a couple pictures to share with you.

We had a great turn out for our Traditional Free Hamburger Picnic – over 60 people showed up and braved a big storm to be there. But we had a won-

derful, air conditioned shelter at Colby Park in Windsor Heights, and had a great time eating those awesome hamburgers that Forrest Ridgway made for us AND we got to listen to Brian Duffy of the Des Moines Register tell us what to expect during RAGBRAI. I sure hope you practiced on a bunch of hills! If you weren't there, you missed out! Keep reading 'Draftlines' and checking our website, www.dmcycleclub.com for more fun events hosted by your Des Moines Cycle Club in the near future!

We have a lot of great riding time ahead of us yet this year....hopefully RAGBRAI or any other ride won't be your last of the season. There are plenty of others to keep you on your bike!

May the Wind Always be at Your Backside!
Georgie

Oh Yeah...One More Thing...

By now, you know how I feel about our beautiful trails around here. They're just great for anyone...yes, even if you're not a biker. I met these guys training in full packs for their 70 mile hike in Philmont, New Mexico! They're Boy Scouts and their leaders, and I thought they were just the greatest! I wish I would have had a pen and paper so I could have given you their names. Hey guys, if you see this, email me and tell me all about your trip (and don't forget to give me your names)!
Georgie@insightcubed.com



2008 Pieathlon Funds Increase 50% Over Last Year

Penny's PIEATHLON is an event to promote fitness, boost Iowa, fight Cancer and have fun! The ultimate goal is to stop cancer deaths by 2017.

Thanks to our Sponsors, Volunteers and Participants for making the second annual Pieathlon a success!

Here are the preliminary numbers for the beneficiaries with a few pledged dollars still due.

Lance Armstrong Foundation	\$3,065
Mercy Cancer Center	\$1,508
John Stoddard Cancer Center	\$1,508
Iowa Cancer Fund (Ovarian Cancer Research)	\$ 164
Greater Community, Dallas & Madison County Hospitals	\$ 120
Raccoon River Valley Trail	\$ 136



2008 photos, financial statement and information on 2009 events will be published on the web site as the volunteer staff can process and finish accounting.

Contact event director Dave Milburn at 515-240-4672 or Email info@pieathlon.com
www.pieathlon.com

Don't Try This at Home!

The world speed record on a bicycle is held by John Howard, Olympic Cyclist and Ironman triathlon winner from the US. In 1985 he reached 245,08 km/h (152.2 mph), cycling in the slipstream of a specially designed car.

You can hear KIM WEST every Sunday from 6:00 to 7:00 PM, on KXnO 1460 Radio!
Don't miss it!



Training Cycles

“Do You Just Ride or Do you Train?”

I am using the term “train” here rather loosely, but any cycling you do to get ready for a ride or tour counts as ‘training’ in this discussion. The single biggest thing, in my observation, that separates the recreational rider from the competitive rider is the way they ride (well, okay, we shave our legs too). For the most part, recreational cyclists go out for rides and usually ride about the same pace every time. Nothing wrong with that at all, but if you are looking to get a little faster or be able to ride farther more comfortably, then adding some variety to your riding (e.g. training) can really help. This article will give you some ideas on how to do this.

I typically break training into six broad categories: endurance, threshold, anaerobic, max power, strength and recovery. Competitive racers need to do all of these. Recreational riders who want to improve, but don’t plan on racing, still should do at least four of these: endurance, threshold, strength and recovery. Below I will lay out these four in more detail. You don’t need to do much in the way of anaerobic or max power type workouts.



Coach David Ertl,
USA Level 1 Cycling Coach

You should pass the “talk test” while riding – in other words, you should be able to carry on a conversation during these rides without having to pause to breathe. Start with short distances and work your way up. Try to increase your mileage on these long rides no more than 5-10 miles per week. These rides increase your body’s ability to burn fat for fuel, improves your blood chemistry and does a lot of other good things for you. These are fun to do and that’s why recreational riders tend to do most of their riding at this pace.

THRESHOLD:

This is the pace where you are at your limit of sustainable riding. It’s the pace you can keep up (barely) for an hour. Riding at this pace requires concentration and effort. The pace is no longer comfortable. Talking becomes more labored at this pace. This is often the pace you may find yourself at when trying to keep up with riders who are faster than you.

Recreational riders who want to improve, but don’t plan on racing, still should do at least four of these: endurance, threshold, strength and recovery.

ENDURANCE:

This should be a no-brainer – road cycling is an endurance sport and we need to ride a long way on our training rides to be able to do long rides, at least do them comfortably. The pace during endurance rides should be comfortable, even leisurely. The idea is to ride a pace that you can hold for 3 or more hours.

It’s good to do some of your riding at this pace so as to be able to push faster when you need to. This pace begins to expand your aerobic capacity and gives you the ability to take in and use more oxygen more efficiently. You should do one of these rides every week, year round.

Continued on page...9

"Project Georgie".... *Impossible?!?*

It's not that I lack desire...I just lack motivation. And maybe even more than that...sometimes it's difficult to believe in myself. Oh sure someone else can do this, but me???

Anybody that is reading this and "looks forward" to heading out on a 70 mile bike ride...well, stop right here. This is not for the 20% of you who love pushing yourself to the limit. This is for the 80% of riders who are "on again/off again" cyclists who follow the Tour de France from the couch. That's me. We know who we are. We buy the bikes, the clothing and maybe train "a little". But commit? Nah.

I'd had enough.

So I sent an e-mail to David Ertl, our resident USA Level 1 Cycling Coach and contributor to "Draftlines", and suggested that he might, at some time, want to take a rider, *like me*, to the next level. I told him it would be an ultimate test of his training and my ability. Would he be able to take a natural-born slug and turn her into a graceful, energetic honest-to-gosh decent cyclist?

David was gracious and accepted "Project Georgie".

So, here's the deal. I'm going to spend the next year learning and working hard (Yes, I'm very nervous). I've never been one to want to exert myself if I don't have to. But I'm determined to do this! I'm going to share the experience with you. I'll report on the good, the bad and the ugly as we attempt to make some changes in my lifestyle, mind and chubby body. David and I will each share with you (in a brutally honest way) the training, the motivation and the experiences each month in a new column we're going to call "Project Georgie". Next year, on my 50th birthday, we will see the outcome!

Yes, I'm determined!

Hope you come along for the ride.....



Coach David's Comments:

Georgie is not unlike others who come to me for help. As she says, she has the desire but not always the motivation. Well, motivation is born out of desire so she has what it takes and I'm here to help her realize her desire. I am going to give her a training plan which will push her harder than she is used to (only way to improve which she wants to do), and this plan has a variety of different types of rides to keep it interesting. But we'll work together and determine the right workload to help her improve without pushing her over the edge. I am also looking over her shoulder and she knows it (Big Brother is watching her). So on days when she would rather not ride, she knows she will have to tell me she wimped out. That alone should be enough get her out and riding. But this isn't so much about me policing what she does, it's about teaching her accountability to herself to exercise when she knows she should. Usually it just takes a little nudge to get us to do that when we'd rather not (yes, I said 'us'. There are times when coaches would rather sit on the couch too!!). Starting next month Georgie and I will begin reporting the results of this project. All I can say at this point is that she is really serious about this. No, it won't be a piece of cake but I'll be here to support her in those times when her enthusiasm wanes. Plus she has publicly stated this in the newsletter so there is no turning back now. This should be fun!



Personal Coaching for Cycling Fitness and Performance

Coaching & training programs for recreational and competitive cyclists:

- Cycling coaching
- Training plans
- Strength training programs
- Personal Training
- Weight loss coaching
- Fitness coaching

515-689-1254
www.CyclesportCoaching.com
Coach@CyclesportCoaching.com



David Ertl
 USA Cycling Level 1 (Elite) Coach
 NSCA Certified Personal Trainer

Train Like a Pro!

Customized and Pre-built Training Plans Designed By a Cycling Coach

- Recreational Cyclist Annual Plan
 - 15 Week Century Plan
 - 15 Week Tour Plan
- Competitive Cyclist Annual Plan
- Triathlete / Time Trial Annual Plan
- Customized training plans also available

www.BikeTrainingPlans.com

WHY DO PEOPLE RIDE?

The BTS survey found that in February 2003, of the 20.9 million people riding bicycles the majority reported doing so for exercise/health (41 percent) and recreation (37 percent). Only 5 percent reported commuting to work by bicycle as the primary use of the bicycle during the previous 30 days.

The **2002 National Survey of Pedestrian and Bicyclist Attitudes and Behaviors** also reported on the purpose of respondent's bicycle trips. The survey found that exercise and health for recreation followed the largest percentage of trips.

Recreation.....26%	To visit a friend or relative....10.1%
Exercise or health reasons.....23.6%	Commuting to school or work....5%
To go home.....14.2%	An organized bike ride.....2.3%
Personal Errands.....13.9%	Other.....4.9%

Courtesy of the League of American Bicyclists—www.bikeleague.org

Health Hub

by Dr. David Krohse

Answers to health-related cycling questions posed by Central Iowa Cyclists.



Dr. David Krohse, a chiropractor and Active Release Techniques provider at Compass Chiropractic in Clive, will be answering cycling-related health questions in upcoming Draftlines. Submit questions through the contact form at www.CompassChiro.com.

Q: While riding RAGBRAI last summer I had the opportunity to try out an expensive demo model for a day. I jumped at the opportunity, but it turned out to be a mistake. By the end of the day my Achilles tendon was screaming at me! I had to drop out of RAGBRAI midweek, and I still occasionally experience Achilles tendon pain during and after rides. What causes this and how can I avoid it? What should I do if it happens again? - John, Des Moines

Dr. David Krohse: Achilles tendonitis is the most common overuse ankle injury in cycling. The Achilles tendon connects the calf muscles to the heel bone and mainly functions in pressing the foot downward. It passes over other lower leg muscles, and scar tissue can form in between the Achilles tendon and those deeper muscles.

Improper bicycle fit can be a major cause of Achilles tendonitis. Low seat placement results in additional stress on the Achilles tendon, as it stretches the tendon out at the top of each pedal stroke when the front of the foot is forced upward. High seat placement can lead to "ankling," a poor cycling technique that stresses the Achilles tendon when you focus on using the calf muscles to pull through the bottom of the

stroke. Applying too much force during hill climbing by not shifting to a lower gear can also increase stress on the Achilles tendon.

Anatomic factors may make you prone to developing Achilles tendonitis. Flat feet (also known as overpronated feet or dropped arches) and feet with high rigid arches affect the alignment of the ankle. These small misalignments can lead to small amounts of irritation with each pedal stroke. Multiplied thousands of times the stress can lead to the Achilles tendonitis. Google "wet foot test" for home instructions on determining your arch type. For a more accurate analysis of your arches a digital foot scan can be performed at my clinic and at many podiatric, chiropractic, and physical therapy clinics. If a problem with the arches is found, off-the-shelf or custom orthotics will be recommended. Since custom orthotics are a significant investment, seek out a pair that are guaranteed.

In addition to changing these risk factors, regular gentle stretching of the calf muscles and Achilles tendon following activity can reduce your risk of developing Achilles tendonitis. Hold stretches for 30 to 60 seconds and seek out professional instruction if you're not confident in your stretching technique.

Follow these general self-care instructions for treating a flare-up or new injury. Rest gives the damaged tissues time to heal. Depending on the severity of your condition you may be able to just decrease ride duration and intensity or you may need to take some time off from riding. Continue to move the ankle through its pain-free range of motion as it heals. Ice massage should be performed to decrease pain and inflammation in newly injured areas. An effective way to massage this area is to fill a Dixie cup 3/4 full of water and freeze it. Then simply peel away the top of the cup and massage the tendon with the ice for 15 minutes every hour or two.

Over the counter pain medications such as ibuprofen or naproxen can also help to reduce both pain and inflammation.

**Ride Healthy!
Dr. Krohse**



Save the Date!



www.trackandback.com

Energy Breakfast Bar

- 1 Envelope Alba Chocolate Drink Mix
- 1 Banana
- 1 tsp. Peanut Butter
- 1/4 Cup Grapenuts
- 1/4 tsp. Vanilla

Mash banana then mix in all other ingredients. Roll into bar shape on wax paper. Freeze. Then take out and eat! Yum!

Tell everyone you know about
the Des Moines Cycle Club!!
www.dmcycleclub.com

Did You Know?

White bread is starch (100% glucose), and it actually hits the blood faster than a candy bar which has fats and fructose and those have lower GI scores than starch. This isn't necessarily a bad food, it just means you should be aware of it and use it appropriately. Avoid white starches most of the time in preference to whole grains/sweet potatoes.

However, during a ride, you want foods with high GI scores so the glucose can get into your blood quickly. If you want to learn more, an excellent book is *"The Glucose Revolution"*, by Jennie Brand

Great News!

You are now able to go the
DMCC website and SIGN UP
ONLINE for DMCC
membership!



Go to www.dmcycleclub.com, then on the home page simply click on 'Membership' and follow the directions. You will be able to pay with a credit card or with your Pay Pal account.

Continued from page 1....

But great job to everyone who expressed their opinion to the board and stood up for your rights as a cyclist. Especially DMCC member Jeff Mertz, who if you've kept up with this issue, you've seen his name in the papers, on the radio and at the meetings leading the opposition. Thanks Woody!

Remember, the ordinance can be brought up before all of the Iowa counties so if anyone hears of a county taking action, especially one in the Metro Des Moines area, please let someone at the Des Moines Cycle Club know. We intend to aggressively oppose this ordinance anywhere in our area.

Have a great time on Ragbrai and Ride Safe,

Danny

Continued from page 4....

An example would be to push this pace every 3 min, followed by 3 min at endurance pace. Continue alternating back and forth during an hour ride.

STRENGTH:

Riding requires leg strength. The stronger you are, the more easily you can push a larger gear, or the faster you can turn the pedals. A great way to increase leg strength is by riding hills (see last month's article). You can also increase strength by using a headwind – push hard into headwinds. Make the wind work in your favor. There is also a wide arrange of indoor strength training workouts you can do such as squats, leg presses, and lunges. You should try to try to work on leg strength specifically at least one day a week, year round.

RECOVERY:

Resting may not seem like a workout but it does more to make you stronger than the above workouts. You see, training tears your body down – it's the recovery which heals you and brings you back stronger. There are two types of recovery – passive and active. Passive recovery is sitting around with your legs up not doing much. This is good to do following a hard ride when you are really tired and when your legs are sore from the previous day's ride. Active recovery means keeping moving but not putting additional stress on your body. A real easy spin in a low gear is great – it loosens up sore muscles and gets the blood circulating to help remove waste products and speed healing. You can also do other activities that are different from riding, such as walking and swimming. These get the legs moving but don't stress them the way riding does. And don't shortchange these recovery days. At least 2-3 days a week should be reserved to rest your legs. Less than that and you may never be fully allowing your legs to recover and get fresh.

So mix up your riding a little bit more and start training. I think you'll find it adds a nice variety to your weekly rides and will improve your ability to ride farther and faster.

Coach David Ertl

David Ertl is a USA Cycling Level 1 (Elite) Coach. He is the JDRF Coach for the Greater Iowa Chapter, the lead coach with the DMCC/DMOS/Bike World Race Team and coaches individual cyclists. He is also an NSCA certified Personal Trainer. He is accepting new coaching clients and can be contacted at Coach@CyclesportCoaching.com or at 515-689-1254.



Des Moines Cycle Club Membership Application

1. Memberships run from January through December. (New applications received after November 1 run through December of the following year.)
2. Annual membership fees are: Family \$20 and individuals \$15
3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, PO Box 13258, Des Moines, IA 50310-0258

Check one: Family Individual New Membership Renewal
Names of all family members included in membership (please print)

Address _____ City _____ State _____ Zip _____ Phone _____

EMAIL Address _____

Riding interests: Check all that apply

- Touring Racing Trail Mountain RAGBRAI Commuting Volunteering

The following Waiver must be completed and signed for all family members

DES MOINES CYCLE CLUB 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 travelling 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" NAME 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, 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 one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE 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 AN 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 AND 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): _____

ADDRESS: _____ DATE _____

PARTICIPANT'S SIGNATURE(S): _____

PARENT/GUARDIAN SIGNATURE (Only if participant is under the AGE 18): _____

Des Moines Cycle Club

WEEKLY RIDE SCHEDULE

Monday Nights

6:00 PM

Meet at the Bike World at Merle Hay and Urbandale Avenues in Des Moines than we all head out the InterUrban Trail and cross over the trestle bridge to the Neal Smith Trail and head north. As we started in April we made it out to the Saylorville Dam - crossed over and headed back getting about 25 miles and still got back by dark! Now it's show time or should I say "Sun" time and we now have enough time to get up to the mile long bridge over the lake and choose coming back on NW Beaver or head back on the trail --It's riders choice remember! ***This is all great for some Ragbrai training (and if you don't know, north of the dam the trail gets very hilly)***

Tuesday Nights

Hey help us out here! Roberta our ride leader and is feeling lonely out there! This is our "Ride East!" ride and we need some support out there for this one. Contact me, Tom Laughead at luggs1@yahoo.com to let me know your interested so that we can continue this one

Thursday Nights

6:00 PM

Great Western Trail Ride

Meets up at Park Avenue and the GWT Trailhead. This has become our Crown Jewel of a ride. Mike Dunker has been leading this for the last year and gets a great turnout. This ride follows the GWT down to Martensdale and back and stopping off at Bambino's in Orilla for refreshments. About 35 miles round trip to Martensdale if you choose or take the short hop to Cummings and back it's all good.

All these rides are lead by riders just like you, and as I like to say -- Join us and if you feel to slow or too fast for these rides bring a friend, or better yet, maybe find some new friends here!

All of these rides are posted on our website. You can also check out WWW.BIKEIOWA.COM for latest updates just look for the **DMCC** heading!

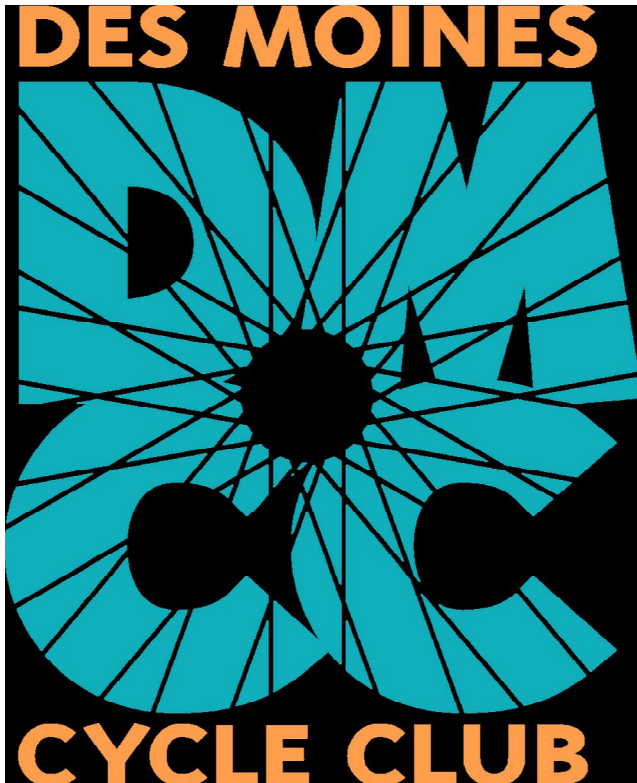
Thanks and have a great ride! Tom (luggs1@yahoo.com)

"When man invented the bicycle he reached the peak of his attainments. Here was a machine of precision and balance for the convenience of man. And (unlike subsequent inventions for man's convenience) the more he used it, the fitter his body became. Here, for once, was a product of man's brain that was entirely beneficial to those who used it, and of no harm or irritation to others. Progress should have stopped when man invented the bicycle."

~Elizabeth West, *Hovel in the Hills*

The Des Moines Cycle Club

We are a non-profit organization serving the greater Des Moines metro area. The purpose of the club is to sponsor recreational cycling activities, encourage safe bicycling practices, promote bicyclists' rights as a transportation alternative and give interested cyclists an avenue into competitive racing. If you're new to this area or just new to bikes, or if you're a veteran tired of riding alone, an introduction to the Des Moines Cycle Club may be the best way for you to enhance your enjoyment of riding your bike. Sign up online at www.dmcycleclub.com.



DMCC BOARD MEMBERS

INTERIM PRESIDENT

~ Dan Kruzic (dkurzic@deezee.com)

VICE-PRESIDENT

~ Judy Ackerman (runjudy@yahoo.com)

SECRETARY/TREASURER

~ Judy Ackerman (runjudy@yahoo.com)

RAGBRAI

~ Ed Hegner (edward.hegner@aig.com)

RIDE CHAIR

~ Tom Laughead (luggs1@yahoo.com)

RACE TEAM CHAIR

~ Randy Catron (catronfamily@prodigy.net)

WEB ADMINISTRATOR

~ Dan Kruzic (dkurzic@deezee.com)

MEMBERSHIPS

~ Kristine Harrison (chriskristine@msn.com)

PUBLICITY

~ Chris Ribordy (emschris@msn.com)

DRAFTLINES NEWSLETTER EDITOR

~ Georgie Libbie (georgie@insightcubed.com)

**May the road rise up to meet you.
May the wind be always at your back,
May the sun shine warm upon your face,
And the rains fall soft upon your fields,
And, until we meet again
May God hold you in the palm of His hand.
....An old Irish Proverb**