

A Letter from Interim President, Dan Kruzic

What an exciting time to be a cyclist in the Des Moines metro area. This past Tuesday morning dozens of cyclists, many of them DMCC members, attended a hearing of the Dallas County Board of Supervisors. The board is considering a proposed ordinance that could require most of the rides sponsored by the DMCC to carry 1 million dollars of liability insurance.

I want to thank all of our members who attended and especially all who were brave enough to step up to the podium and literally add your voice to this important issue. Our voices convinced the supervisors to at least keep open the public discussion. That means that THIS AIN'T OVER YET. I expect this will continue to be part of their agenda for many weeks and possibly months ahead and this is the first county. I'm not even going to try to pretend that I understand how this whole system works, but I'm learning. And as a cyclist, you should be to.

It was very encouraging to have so many experienced professionals show up to give their expertise and time to this issue. Kim West pointed out that it's the job of the supervisors to provide safe roads for cyclists. And we all appreciate the input of attorney

Jeff Goodman whose expertise and involvement were invaluable. Thanks Jeff from all of us. We'll learn more about Mr. Goodman and let the membership get to know him better. Also present was Iowa Bicycle Coalition chairman Mark Wyatt who spoke well to the importance of education for both the public and cyclist.

The most passionate person in the room was no doubt DMCC member Jeff Mertz. As a former council member his understanding of how the system works makes Jeff one of our front men in government issues like this one.

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Lycra clad butts in the seats do have an effect.
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We will keep each other up to date via email as to the next actions by the supervisors. We need all of you who feel passionate about this issue to get involved and attend the coming meetings. *Lycra clad butts in the seats do have an effect.*

I'm very excited to announce the next event sponsored by your DMCC. On July

7th at 6 PM the very popular FREE hamburger picnic will be held. NOTE; the new location for this event will be at the Windsor Heights Colby Park located just off of the bike trail at 6900 School Street. Our traditional spot at Cottonwood is closed due to the flooding.

Our featured speaker is Brian Duffy, from the Des Moines Register speaking to us about this year's Ragbrai. He has ridden the entire route. Duffy is always very entertaining, informative and a darn good bike rider also.

Following our Ragbrai feature we'll open the floor to discuss the latest news from the Dallas County Supervisors and what our actions as a club should be. If you want a voice in the clubs response to this issue this is your chance.

I don't know about you but I'm really starting to look forward to Ragbrai. I'm seeing a lot of action on the bike trails and roads around Waukee and Adel (Dallas County!!) so it looks like most of you are in full training mode. My advice, don't forget the hills!!

Be Safe,

Danny Kruzic



A Note From the Editor...

There is still lots of riding to be done this summer and so far the weather has been glorious! I hope you are taking advantage of it and are enjoying being out and all God has to offer us. Make sure you take those ear phones out and listen to 'nature's music' for a bit while you ride. There is nothing else that compares!

Then turn back to page 5, and Dr. David Krohse gives advise for that pesky pain we sometimes get in our neck and shoulder area (probably after all those hills we just did). Both articles are written by experts who know what they're talking about!

Dear Cycling Friends -

Can we say a big 'Thank you' to all the 'Trail Angels' out there?!!

Trail Angels? Yes, you know, the men and women who have worked so hard at getting our trails back to a safe riding condition after all the flooding.

Huge kudos to ALL the park and recreation departments in Des Moines and the surrounding areas for getting us back on track and riding safely once again.

Sure there are still several trails that are not yet useable, mostly because many are still under water, but all in all, I'd say they've all done a tremendous job! Thank you so much!

"We're so fortunate belonging to the Des Moines Cycle Club and all it has to offer."

Speaking of nature....I ran over a little ground squirrel (aka 'squinny') recently. Yes, I know they're a nuisance and we'd all like to get rid of them from our yards, but dang.... I didn't want to take one out that way! Good thing my friend, Susan was there with me or I probably would have given it a little funeral. Poor thing.

Hey, be sure to check out Coach David Ertl on page 6, he gives us some advise on how to train properly for those dang hills that we all 'love' so much!

We're so fortunate belonging to the Des Moines Cycle Club and all it has to offer.

We not only have experts who are actually members themselves, but organized activities and support you'll find no where else! For more information, please visit our website, www.dmcycleclub.com

May the Wind Always be at Your Backside!
Georgie



Thought I'd throw in a picture of an area of trail. The cotton wood trees were really working overtime...it looked just like snow on the ground!!

"Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel... the picture of free, untrammelled womanhood."

- Susan B. Anthony

Second Annual Penny's Pieathlon a Success!!

The Second Annual Penny's Pieathlon took place on the final weekend of June and it was a great success. The Des Moines Cycle Club was represented by Dan Kruzic, Ed Hegner, Randy Catron, Judy Ackerman, Jack Mathews and several others. A couple of brave souls did more than ride bikes, including Judy and Jack who swam and many others who participated in the 5K or 10K walk/run. Thanks for your support!



Randy Catron (in orange) and Dan Kruzic (in blue) are among several heading west on Hwy F51 in Dallas County.

Biking was the most popular event with cyclists doing a 10-mile ride, 25-mile ride to Redfield or the 50-mile ride to Panora. It was tough going into the wind on our country roads but, with the tailwind, several reported average speeds of 28-30 mph on the loop back to Adel!

And, of course, everybody got pie (we hope!). Our deep appreciation to Ron Langel of Party Time Music and the many exhibitors who came out to show off their program. While overall attendance was less than we'd like (lots of things competing with people's time that weekend) preliminary estimates indicate larger contributions! You did well for the John Stoddard Cancer Center, Mercy Cancer Center and the Lance Armstrong Foundation and we thank you!

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



All RAGBRAI Wrist Bands Have Been Sent Out

As of Monday the 16th of June all wristbands have been mailed, if you did not receive yours, contact Ed Hegner, Ragbrai Chairperson, edward.hegner@aig.com

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: I have a terrible time with upper back, shoulder and neck pain when I ride. I think I tend to scrunch up my shoulders when I ride. Either way, it hurts - especially if I'm going a long way. What can I do to help this? - Erin, Windsor Heights

Dr. David Krohse: Cycling places the neck in an extended or bent backward position. This position increases stress on the muscles on the back of the neck as well as the many spinal joints in the neck and upper back. Both structures can become quite painful if stressed for extended periods of time. Poor posture or degeneration in the neck can make some cyclists more prone to neck pain.

Begin by checking the fit of your bicycle. Low handlebars or a virtual top tube length (top tube plus stem length) too long both increase neck extension. Aerobar use also increases stress on the neck. Fitting options include raising your handlebars or switching to handlebars with a shallower drop. To shorten the virtual top tube length you can move your seat forward but be wary of an improper change that can lead to an overuse knee injury. The experts at Zoom Performance (www.getzoomperformance.com) offer custom bicycle fitting services locally.

Focus on changing position while you ride. Don't spend all your time in the drop position.

If you're in a safe situation, let your head hang down occasionally for a few seconds to stretch out the structures on the back of the neck. Tilt your head side to side and hold it for a stretch.

Self treatment options depend on the cause of your pain. Muscle tightness and soreness is generally more constant and increases gradually if you bend your head forward or if you push your head backwards against your hand without letting the head move. Stretching your neck by dropping your chin to your chest can provide some relief. Perform self massage with The Stick (www.thestick.com) or even a rolling pin. Anti-inflammatory pain medications like ibuprofen or naproxen can reduce swelling and pain.

Irritated and inflamed spinal joints generally cause sharp pain made worse by movement. Spinal joints in the neck are next to nerves extending up around the head and down the arms, so swelling around neck joints can cause headaches and pain, numbness, tingling, and weakness in the shoulders, arms, and hands. If you are having sharp pain in your neck after a ride, use ice to reduce swelling in the area – 20 minutes on with an hour to two hours off and repeat.

"Focus on changing position while you ride."

If cycling leads to severe or ongoing neck pain, you should seek out an appropriate health professional. Muscle tightness can be addressed with massage or Active Release Techniques, a highly effective combination of very specific stretching with pressure into the problem areas. For dysfunctional neck joints, chiropractic adjustments or osteopathic/physical therapist manipulations generally provide the most rapid relief. Physical therapists or chiropractors can provide an exercise plan to improve muscle balance of the neck.

**Ride Healthy!
Dr. Krohse**



Like Skinning a Cat, There's More Than One Way to Climb a Hill

By Coach David Ertl

I know, I know, you don't like hills, unless you are one of those people built like a mountain goat. However, you can't avoid them, even living in Iowa, and believe it or not, it is possible to come to not fear them (although you may never actually come to 'like' them as I do!). And did you know, according to Greg LeMond (who was a pretty good cyclist), riding hills is the fastest way to get in shape? The reason is because it is impossible to slack off while riding uphill. No matter how slow you go, you have to work hard and hard work makes you stronger. Plus, most of the time, after you ride up a hill, you get to ride down the other side so they kind of make their own natural intervals for you! (See the June Draftlines training article on Intervals)

So here's some ideas for riding up hills. There are a number of ways to climb and they work different strength and energy systems.

Strength Training on Hills:

"Functional Strength Training" is all the rage nowadays in fitness circles. What this refers to is doing strengthening exercises that closely mimic the actual motion or 'function' that you are training for. Well what is more functional for cycling than actually training on the bike? Hill riding provides a strength training opportunity that is 100% functional! Here are a couple of workouts to consider:

Seated low RPM hill climbs – find a hill $\frac{1}{4}$ to $\frac{1}{2}$ mile long. Stay seated and ride up the hill in a fairly high gear – one that only allows you to pedal about 60 RPM. This high gear will create a lot of force which the leg muscles need to overcome. You may feel silly out there grinding up hills and it's not the most efficient way to climb, but these are specifically for strengthening. It's like doing squats on the bike. (Warning – don't try this if you have knee problems).

Standing low RPM hill climbs – similar to above except ride the hill standing, again in a large enough gear to keep RPMs around 60.

Strength-Endurance Training on Hills:

Strength endurance is the ability to pedal with power for an extended period of time. Think of time trialists – they need to put out a lot of power over the duration of the event. One way to train this ability is to ride long steady climbs powerfully. Find a grade which is 3-5 percent that is one to two miles long and pedal up at 80-90 RPM with the maximum sustainable power that you can muster. You can find these grades on some rails-to-trails bike paths (trains don't like hills either). But if you can't, you can also do these into a strong headwind which you won't have trouble finding in Iowa!

Anaerobic Training on Hills:

Of course hills are great for anaerobic intervals – 'anaerobic' is another way of saying 'out of breath'. There are many ways to ride hills anaerobically but here is one of my favorites. Standing hill sprints – Find a short steep hill. Approach seated but as you begin the ascent, stand and ride up the hill as hard as possible in a gear that allows you to spin about 80-90 RPM.

Continued on page8

What Does It All Mean?

**So you want to hang out with the Big Boys?
Then you better know the slang!**

Attack - When a rider or riders decide to ride faster than the rest to ride away from the bunch, it is called an attack or 'break-away'. Usually this is done with the intention of getting away from the bunch and riding to a placing at the finish.

Abandon - When a rider quits during a race.

Blocking - When one rider, or a group of riders disrupts a chase by slowing down a paceline.

Bonk - Total exhaustion caused by lack of sufficient food during a long race or ride.

Bonus Sprints - On each stage, race organizers designate several intermediate points along the route where bonus points are given to the first three riders who cross the line.

Break/Breakaway - A rider or group of riders that has left the main group behind.

Bridge/Bridge a Gap - To catch a rider or group that has opened a lead.

Bunch Sprint - Bunch sprints occur when a group of riders approaches the finish line as a whole and all speed to the finish line.

Cadence - The number of times during one minute that a pedal stroke is completed. Also called pedal rpm.

Chasers - Riders who are trying to catch a breakaway group.

Circuit Race - A multi-lap event on a course usually two miles or more in length.

criterium - A multi-lap, one-day race on a closed, short course, typically one mile or less.

DNF - Did Not Finish.

DNS - Did Not Start.

Domestique - A team rider who sacrifices his individual performance to help a designated teammate. Duties can include giving up one's bike for another rider, supplying refreshments to teammates, and catching breakaway riders. French for "servant."

Draft - To ride closely behind another racer or vehicle thus saving energy by using the racer or car as a wind break. Riding in front is very strenuous but affords a great energy-saving advantage to the rider behind.

Drafting - Riding closely behind another rider or vehicle to take advantage of the windbreak (slipstream) and use about 20 percent less energy.

Feed Zone - A designated area along the route where riders can grab "musette bags" filled with food and drinks as they ride by. There is an unwritten rule in the peloton that riders should not attack the field while the riders are going through the feed zone.

Field Sprint - A mass sprint at the finish among the main group of riders in a road race.

Gap - The distance (usually measured in time) between individuals or groups.

General Classification (G.C.) - The overall leader board in the race, representing each rider's total cumulative time in the race. The rider with the lowest time is number one on the G.C.

Grand Tour - Refers to the three-week major cycling stage races: Tour de France, Giro d'Italia (Tour of Italy), and Vuelta a Espana (Tour of Spain).

Hammer - Riding hard, going all out.

Jump - A quick acceleration, which usually develops into a sprint.

KOM - King of the Mountain. Award for the Best Climber.

Lead Out - A cyclist sacrifices himself by riding fast in front of a team mate who sits in close behind to gain the advantage of the wind block. The front rider, usually a domestique, will ride as fast as possible toward the finish line with the other rider (usually the team leader or team sprinter) right behind. Just before the line the front rider will pull off to the side allowing the rider behind to race through to the finish.

Mechanical - Slang for a mechanical problem with the bicycle.

Got a Little Too Much Sun?

There is no evidence-based research to support the safety and effectiveness of the following home treatment measures, but they may help relieve your burn symptoms.

- Soak a washcloth in equal parts of milk and water to make a cool compress.
- Add oatmeal 0.5 cups] or baking soda to a cool water bath.
- Use a moisturizer or light powder to smooth areas where skin rubs against skin to prevent chafing.
- Use calamine lotion for itching.
- Cut a raw potato and spread the juice on the burned skin.
- Use chamomile diluted in warm water or brewed into a tea to sponge on the burned skin. Add 2 to 3 drops of lavender essential oil to 1 teaspoon of vegetable oil to smooth over the burned skin.

Excuse-Not-to-Ride Number 37

"I have no one to ride with."

Oh yes you do!!!

**Check out DMCC's
Ride Schedule on page 11!**

Join a weekly ride and make
some new friends!

There's no excuse now!

DM Cycle Club



Outdoor Summer Picnic Series

FREE HAMBURGERS

MONDAY JULY 7th 6:00p
Colby Park Windsor Heights 6900 School St.

EVERYONE WELCOME BE THERE!

GUEST SPEAKER - BRIAN DUFFY

AWARD WINNING DES MOINES REGISTER CARTOONIST AND HOST OF RAGBRAI
Brian rode the entire Ragbrai Route and will tell us what to expect on this year's tour

ALSO WHAT'S HAPPENING IN DALLAS COUNTY

Our group will be brought up to date on the Dallas County incident, that is, what is happening in Dallas county concerning the supervisors and restricting group rides. They want groups as low as 10 cyclists to register, get a permit, carry signed waivers of liability and show huge liability insurance for the ride. Find out how the Dallas County engineer and Dallas County attorney are involved

for all the bicycling information go to
www.dmcycleclub.com
www.bikeiowa.com

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.

Personal Coaching for Cycling Fitness and Performance



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- * Personal Training
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David Ertl, Coach
USA Cycling
Level 1 (Elite) Coach
NSCA Certified
Personal Trainer



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CyclesportCoaching.com

Continued from page 5....

Power Training on Hills:

Now most of you won't need top end power, but again hills are great for this kind of training. Top end power is useful for racing as you need it on hills, attacks and sprint finishes. But even if you don't race, you might try these if you are interested in really increasing your fitness. Here's one way to train your top end power on hills:

Seated hills with jump over the top – On a fairly short steep hill, ride up seated, spinning about 80 RPM. 2/3 the way to the top, shift to your next higher (harder) gear and stand and attack up the hill all the way to the top until it levels out, or starts heading back down.

So, as you can see there are multiple ways to use those dreaded hills to your advantage. One of the best ways to improve your ability to ride hills is to mentally train yourself for them, and you can do that by purposely seeking out and riding hills. Keep in mind, if you don't train on hills, you may be forced to walk up hills, my least favorite way to climb a hill!

Coach David Ertl

If you have topics you'd like Coach Ertl to discuss in future issues, please send them to Coach@Cyclesportcoaching.com.

David Ertl is a USA Cycling Level 1 (Elite) Coach. He is lead coach with the DMCC/DMOS/Bike World Race Team and coaches individual cyclists. He is also an NSCA certified Personal Trainer and owns the 24/7 X-Press Fitness Center in Beavertdale. 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!

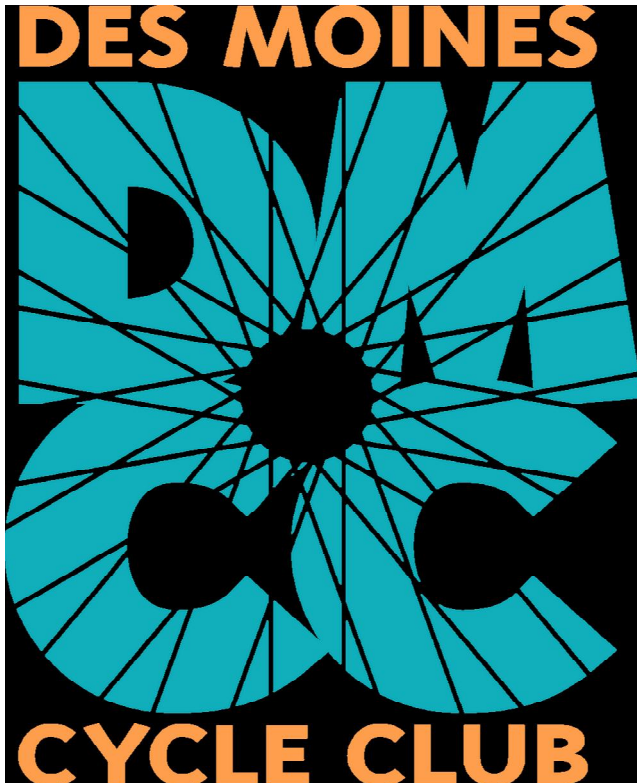
Thanks and have a great ride! Tom (luggs1@yahoo.com)

"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.



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**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**