

# DRAFTLINES

Monthly  
Newsletter  
of the  
Des  
Moines  
Cycle  
Club

November-December 2002

[www.DMCycleClub.com](http://www.DMCycleClub.com)

## INDOOR CYCLING

Tips for  
logging the  
winter  
miles when  
the weather  
keeps you  
indoors

*By Karen Buxton  
UltraFit.com*

Now that winter is upon us, it is a good time to plan for different cycling options when the unpredictable weather of winter strikes.

Cycling trainers, rollers, stationary bikes and spinning bikes are the perfect options for cyclists who want to maintain and/or build fitness during the winter months. Now is the time to setup an indoor training area, so that it is ready to go when the weather turns nasty.

There are several pieces of equipment that will make your indoor riding experience enjoyable.

The first is a trainer for your bike. Trainers are designed to hold your bike upright with the back wheel in contact with the trainer. The unit provides resistance while pedaling, and there are various types of trainers to choose from: stand-alone resistance trainers (air, magnetic or fluid) and high-tech units (such as a CompuTrainer), which operate through a computer, giving the rider programmable "virtual" courses and variable resistance.

Air-resistance trainers, which use a fan to create resistance on the rear wheel, are generally the least expensive and the noisiest. Magnetic trainers use magnetic fields to generate resistance and provide a much quieter ride than the air units. Fluid trainers use internal fluid to generate hydraulic resistance, and they also provide a very smooth and quiet ride.

Rollers are another excellent indoor option. They consist of a frame with three revolving drums on which a bicycle can be ridden. Learning to ride rollers takes a lot of practice and bravery, as the rider is not "attached," as with a trainer, and must balance upright while pedaling.

## Christmas Ride A DMCC event

**What:** Milo Christmas Ride

**When:** 6 p.m. Dec. 7

**Meet:** Milo School, west edge of town

**Details:** Tour decorated homes, then drive to Lacona for supper at Rudy's.

**Contact:** Mike Ransom, 961-8478



INDOOR CYCLING continues on page 4

## President's Message

Hi, Kids!

A big "THANKS" to Mike Ransom, Rich Siebenlist, and Doghouse Bikes for organizing our annual banquet and donating prizes! The, uh, shall we say "select few" of us who were there, enjoyed a great meal and took home some sweet loot!

Hope everyone's had a great outdoor riding season, and managed to get in all the miles that you'd planned! Time to start thinking about the "off season"-but that doesn't mean you have to stay off your bike.

I've got the "snow tires" on one 'bent, and am just about ready to bring the other one inside and park it on the trainer in front of the TV for a winter's worth of riding while watching our complete 15 DVD set of every single episode ever created of "The Muppet Show". :-)

Also, don't be afraid to ride OUTside this winter-it's incredibly invigorating! And the more, the merrier-and warmer (I know my riding partner certainly doles out more than his share of hot air!!)

The Annual Milo Christmas Ride is Saturday, December 7 (further details are elsewhere in the newsletter), and don't forget about BRR and the Chil-I-Ride, as well as any other rides anyone is crazy enough to put together.

Speaking of "together", our Club needs to make a more concerted effort work together. Several of your Board members have given several years to serving you and are ready for a break.

We desperately need members to step forward to fill these positions! Treasurer Andre Rethman has indicated that he will be stepping down. Paul Black has expressed a desire to abdicate the Ride Chair position well over a year ago, but has hung in there because no one else will step forward.

Rich and Joni Siebenlist can no longer take on the daily duties of RAGBRAI week (They are willing to help with the necessary paperwork prior to the ride.

If no one will help out, we run the risk of forfeiting our pass allocation and we will no longer being able to offer a RAGBRAI charter to our Club. Weekly ride group attendance is way down.

We no longer offer the Tailwind Ride or plan a winter activity due to lack of interest. Come on, folks. We've got all winter to bolster our enthusiasm and come up with some fresh, invigorating ideas to keep our Club alive! Please contact any Board member as soon as possible if you're willing to serve in any capacity whatsoever.

Finally, I'd like to share a little story with all of you. I was out on my bike (of course-What else would I be doing?? :-)) back in September, enjoying a nice, peaceful ride, for a change, due to my riding partner's conspicuous absence. As I cruised along, soaking up the beautiful fall day and all its ambiance, I passed by a cabbage patch.

Next thing I knew, a stork flew overhead. And then a rabbit died. Then right before my eyes (and under my seat) my bike suddenly metamorphosed into a tandem. Yes, I'm pedaling for two now! My husband and I are expecting somewhere around June 7, 2003. My riding partner, however, steadfastly maintains that the Critter's arrival date will be May 25, because, of course, he knows everything. So I'm in the market for a brand new (cuz you KNOW I'll wear it out! :-)), top-of-the-line Burley D'Lite with the alternative hitch and stroller attachment-nothing but the best for my kid!:-)

Have a wonderful holiday season, and be sure to keep up your RAGBRAI XXXI training-I'm hoping to make it for a day! :-)

Lori

## DRAFTLINES

Draftlines is published monthly by the Des Moines Cycle Club. Cycling-related stories, photos, information and other contributions are welcome. Please submit them by the first of the month. Submissions may be sent to:

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abbottj@dmreg.com

DMCC INFORMATION  
Des Moines Cycle Club  
P.O. Box 13258  
Des Moines, IA 50310

e-mail: dmcc@dmcycleclub.com  
Ride and event information available at DMCC hotline: 255-9000, ext. 5056  
Website: www.dmcycleclub.com

### 2002 Board Members

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A handful of hardy cyclists gathered Oct. 19 for the annual DMCC banquet at the Okoboji Grill.

While the number was small, the group was enthusiastic in its determination to help the club survive.

The need is dire. Membership is down by almost one-third, and the leadership is phasing out. There is an urgent need for a ride director, or several team leaders, to handle weekly rides beginning next spring.

Even more urgent is the need for someone to take over the responsibilities of coordinating RAGBRAI. Mike Ransom and the Siebenlists would be willing to help with the administration, but they no longer want to manage the ride itself. That puts the ride in serious jeopardy.

The message at the banquet: We need volunteers to help revive the club, and we need them badly.

Said Vice President Mike Ransom in a few choice words during the evening:

"DMCC desperately needs your help and support, as our club's future hangs in the balance.

"We need volunteers to step up and take their turn as club officers. All positions are open. If no one desires to help, then I see no option but to disband the DMCC charter.

"You as members can no longer expect a handful of us to run the club forever."

Please step forward if you want the club to continue. Call any of the board members listed on the opposite page to make a difference.

# DMCC Banquet



## DOGHOUSE BIKES



403 E. EUCLID AVE., INDIANOLA, IA  
WWW.DOGHOUSEBIKES.COM  
515 961 5869

## Memberships Expire January 1, 2003

I have been serving on the Board of Directors as Membership Director several years. My task is to maintain the membership database and prepare the monthly mailing labels for the newsletter you are reading.

This has been an enjoyable task in that it is one of the functions that enables the Club to serve you, the members. It is the participation and support of the membership that assures the continued success of the Des Moines Cycle Club as a social organization and bicycling advocate.

Memberships expire only once per year in January, and not on the anniversary of your original enrollment.

This simplifies our record keeping and reduces errors in renewals. They previously expired on May 1st.

However, the Board of Directors voted this year to change the dates.

Membership dues now pay for January 1st until January 1st the next year. This change was made because of the RAGBRAI rule that people must be members of the club with paid up membership before January 1st to be eligible to obtain RAGBRAI credentials through the club. Also, it was felt that more people would remember to renew if the date was the first of the year instead of May 1st.

Please, renew your membership this December or January, thanks.

Duane Bain,  
Membership Chair

## Tips for winter indoor cycling

Continued from page 1

The best tip for a first-time user is to position the rollers in a doorway, next to a wall or use another solid object to steady yourself until balance is achieved. Because the rider must steer to stay upright, rollers make balance and smooth pedaling essential and thus are a better choice than trainers to refine these techniques.

Another indoor choice, although a bit more permanent and costly, is a spinning bike or stationary bike. These are very effective to improve pedaling technique and cadence, especially if you have the luxury of space, where you can dedicate a room for your indoor training.

The lack of wind resistance on an indoor trainer means an important cooling effect is lost. A must for an indoor workout is a floor fan or better yet, two. To protect the floor from sweat, a great purchase is a rubberized mat that fits under the entire wheelbase of the bike. Mats can be found at sporting goods stores.

For most trainers, you need a block to put under your front wheel to make the bike level. Several companies make specific pieces for this; however, a block of wood or phone book works just as well. Draping a towel from the handlebars back across the top tube not only keeps the sweat from pooling on the floor, but helps protect your bike.

More than likely, your sweat rate will be greater indoors than outdoors, so make sure that you have plenty of fluid available for your training session.

Logging the miles indoors can be a bit tedious for some athletes. Beat the boredom by equipping your workout area with a TV, video player, CD player and/or a DVD player. Some might find music or videos too much of a distraction - especially if you are new to rollers - so use your own discretion.

There are various workout videos on the market to choose from. These provide a specific workout to follow. Other great viewing choices include Ironman races, Tour de France videos, other sporting events or favorite movies.

For more workouts, check out Reoch Zonneveld's "Indoor Cycling Training Program." This book contains 25 indoor riding sessions, each lasting 60 minutes.

If your training plan calls for a long ride and you just can't handle the long hours indoors, bundle up and start outside for an hour or so, weather permitting. Then, finish the remaining ride time on the trainer.

Another option is to head out for a run and use the trainer as a warm-down or recovery from your run session.

Remember that before any indoor cycling session, warm up for at least 15 minutes. Spin for 10 minutes and throw in several pick-ups in the last five minutes before starting the main part of

your session.

Make sure that you have plenty of fluids, incorporate an easy warm-down spin, refuel following your workout, and wipe your workout area dry to reduce rust and mildew. Also remember that spinning wheels can be a hazard to small children and pets; so keep everyone clear during the workout.

Winter weather does not have to be the end of the cycling season. All that you need is space, a trainer, tunes and a plan. You will soon be on the road to your best season yet.

### Equipment you'll need for indoor riding:

Trainer, rollers, spin bike or stationary bike  
Rubberized mat  
Sweat towel  
Front wheel block  
Fans  
TV/VCR/DVD  
Music/videos  
Water bottles  
Heart-rate monitor

### On the Web

[www.nordictrack.com](http://www.nordictrack.com)  
[www.proform.com](http://www.proform.com)  
[www.stationarybikes.com](http://www.stationarybikes.com)  
[www.bodytrends.com](http://www.bodytrends.com)  
[www.computrainer.com](http://www.computrainer.com)  
[www.bikeworld.com/trainer.htm](http://www.bikeworld.com/trainer.htm)  
[www.gearwest.com/V00613/trainers.htmw](http://www.gearwest.com/V00613/trainers.htmw)

# DES MOINES CYCLE CLUB MEMBERSHIP APPLICATION

1. Memberships run from January through the following January and include a monthly issue of Draftlines, the club newsletter. (New applications received after October 1 run for one full year after the coming January.)
2. Annual membership fees are: Family: \$20 and Individual: \$15
3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Check one:  Family  Individual      Check one:  New membership  Renewal

_____	_____	
family member name(s) - please print	address	
_____	_____	
	city	
_____	_____	_____
	state	zip
_____	_____	_____
	phone	email

**RIDING INTERESTS: CHECK ALL THAT APPLY**

Touring  Racing  Trail  Mountain  Recumbent  Tandem  RAGBRAI  Commuting  Volunteering

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

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

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

1. ACKNOWLEDGE, agree and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. FULLY understand that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMES 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 NO TO SUE the Club, the LAW, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered 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 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): \_\_\_\_\_

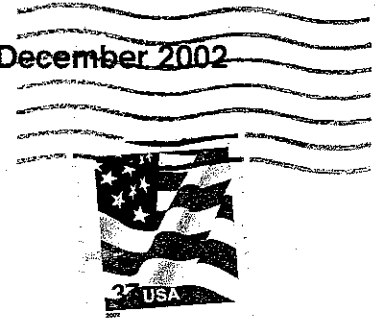
ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE(S): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under age 18): \_\_\_\_\_

# DRAFTLINES

Monthly Newsletter of the Des Moines Cycle Club  
P.O. Box 13258, Des Moines, Iowa 50310-0258



Mark Garner & Family

Des Moines IA 50310

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# IMPACT!

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