

DRAFTLINES

Monthly
Newsletter
of the
Des
Moines
Cycle
Club

September 2002

www.DMCycleClub.com

Accu-RAGBRAI 2002

By Lori Leporte

The Exclusive Accu-RAGBRAI RealFeel is an index that describes what riding in RAGBRAI really feels like. It is a unique composite of the effects of heat/humidity, hills, headwinds, food, rain, road surface, sleep (or lack thereof), carnage, débauchery, entertainment, amount of crap on your bike, and most importantly, just how good or bad of a riding partner you're stuck with. Everything that affects how a person really experiences RAGBRAI. Here's how RAGBRAI XXX measures up:

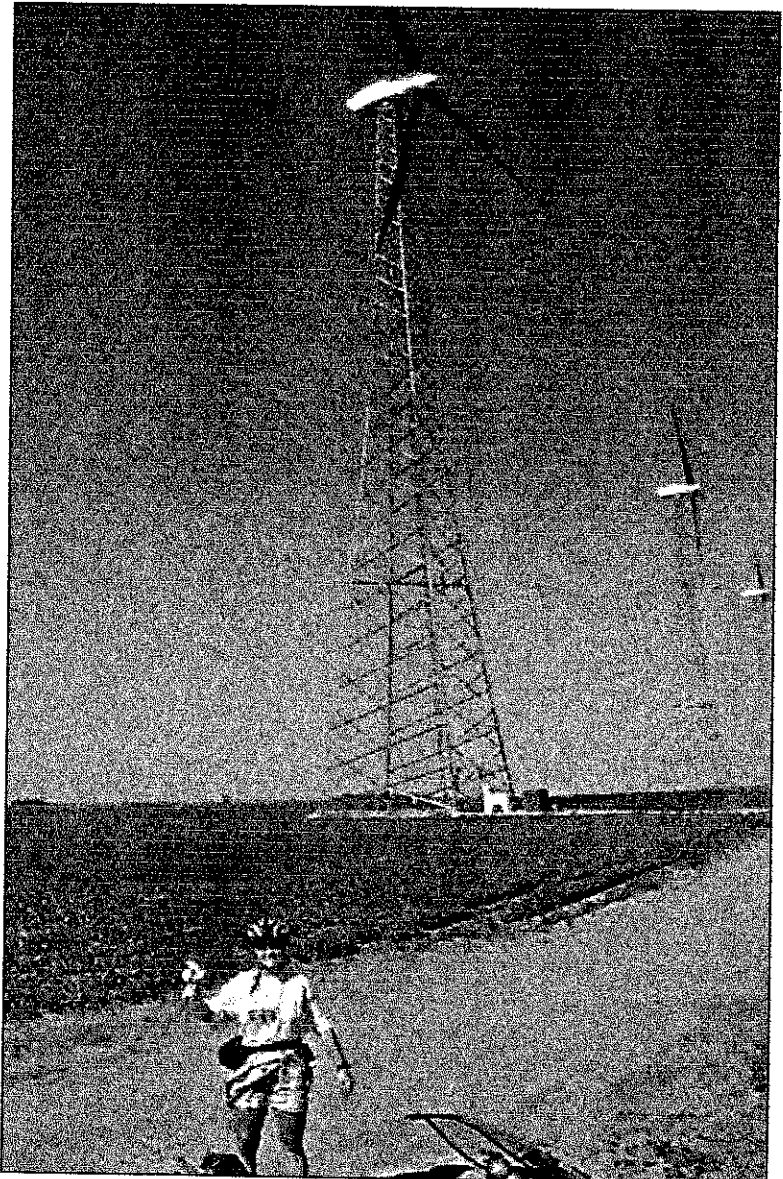
Heat/Humidity

With two REALLY hot days, three absolutely GORGEOUS days, and three starting-to-get-hot-again days, it really wasn't too bad. However, Your WebGEEK (not to be confused with Your Ship's Purser or Julie, Your Cruise Director) whom I also happen to be stuck with for a riding partner, had decreed this to be "Sweat-Free RAGBRAI". The rule was (And, believe me, he's really big on rules): As soon as he started to sweat, he stopped. Good thing he had me around to push his sorry you-know-what across the state or we would still be out there!

Rating: 3 sweaty-icky bandanas

Hills

Well, a northerly route generally means flat, and the first five days pretty much were. Day 5 found yours truly dusting the poo out of a guy with a weedwacker motor on his bike, not once,



RAGBRAI continued on page 4

DMCC weekly rides

9 a.m. Saturday

Gather at the Botanical Center for a ride along the trails. Recumbents are particularly encouraged to join up.

Mountain bike ride

Andre Rethman is leading a weekly Wednesday mountain bike ride. Meet at the Target parking lot on Euclid. For time and other details, call 210-6491 ahead.

West Side

Meet at Wal-Mart on the west side of the parking lot near B-Bops at 6:00 p.m. Tuesday & Thursday for a moderate/fast paced ride on streets and roads. Ride leader is Russell Seaton; 515-577-9550 or russelseaton@yahoo.com.

East Side

Meet by the Burger King at E. 26th & Euclid at 6:00 p.m. Tuesday & Thursday for moderate paced 20-30

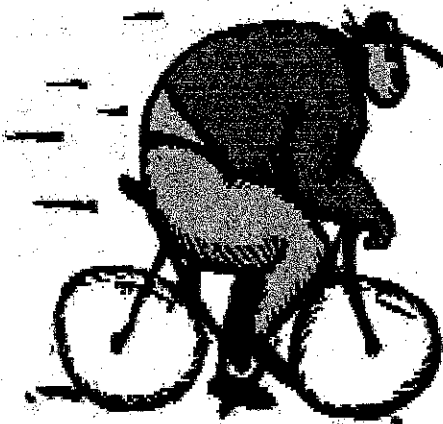
mile ride on streets and roads. Rider's Choice (No designated ride leader).

North: Meet at the Target parking lot on Euclid on the west side of the Des Moines River Monday & Wednesday at 5:00 p.m. for moderate paced ride (16 mph) of about 20 miles ride on paved path. Ride leader is Dean Baker at 229-8260 or Nationalcws@aol.com.

Ride Leaders Needed!!

Do you have a favorite route/time that you like to ride? If so, consider listing it in the newsletter and inviting other people along. This can be a one time only ride or a regularly scheduled ride. At one time a Sunday afternoon ride was popular with DMCC members; is anyone interested in this? If a few members lead just one ride DMCC can have a full ride schedule!!!

Contact Paul Black, pblackleo@msn.com or 255-6194, for information.



SPECIAL EVENTS THIS MONTH

DMCC MOUNTAIN BIKE RIDE AND PICNIC

When: 11 a.m. Sept. 29

Where: Lake Aquabi

What: Come join the fun at Lake Aquabi. Bring your mountain bikes, your kids, dogs and your favorite side dish, ride the trails, or sit in the sun, sipping your favorite beverage, and watch the fun! DMCC will grill burgers, brats and hotdogs to feed the hungry bunch after the trails are ripped to shreds.

CLASSIFIED ADS

Classified ads are free to DMCC members and \$10 for non-members with a 50-word maximum. Ads will run for three issues and will be deleted unless Draftlines is notified to continue the ad. To place an ad, e-mail: abbottj@dmreg.com.

COACHING

Coaching services for recreational and competitive cyclists from Iowa's only licensed expert coach. Contact Randy Catron at (515) 270-0855 or CoachRandy@IowaCyclingAcademy.Com.

FOR SALE

Yakama rack with stretch kit. Bike hardware not included. \$100.00. Call Rick @ 278-0541.

"You'll Look Sweet, Upon the Seat, of a Bicycle Built for Two."

Tandem for sale: Red, Schwinn, 21 speed, excellent condition, \$600. Call 255-2408 or newmandmi@mchsi.com

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

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Website: www.dmccycleclub.com

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UPCOMING RIDES AROUND IOWA

8TH ANNUAL B.O.P RIDE

(Charlie Walter Memorial Ride)

When: 11 a.m. Sept. 1

Where: Downtown Iowa City
(Dubuque Street)

Distance: 20 miles

Expected riders: 30-50

Terrain: Rolling hills

Description: Post-RAGBRAI ride to honor former support driver for Teams from Back of the Pack. The ride starts at the Sports Column and ends at Malone's

Contact: klink@teammosquito.com

SWINE TREK 2002

When: Sept. 1

Details: Start at 7 a.m. at Ellis Park, Cedar Rapids. Cyclists may choose 25, 50 or 100-mile routes. Cost is \$20 before Aug. 24 and includes morning bagels and coffee, supported rest stops every 25 miles, spaghetti dinner and famous Swine Trek T-shirt.

Contact: Gerald Falta, (319) 395-7212 or message geraldfalta@msn.com.

LOU AND CHAINSAWS 2ND ANNUAL RIDE TO CYCLONE FOOTBALL GAME

When: 9 a.m. Sept. 7

Where: A.K. O'Connors in Beaverdale, Des Moines

Distance: 30-40 miles

Terrain: Flat

Expected riders: 10-30

Description: Party ride that begins at A.K.'s for breakfast, then Good Times in Slater for lunch with expected arrival in time for the game at 6 p.m. Find your own way home.

Contact: loulicker@yahoo.com

TOUR DE ROCK

When: 9 a.m. Sept. 7

Where: Pella

Distance: 30 or 50 miles

Expected riders: 50-100

Description: Ride will take you through Pella, onto the Volksweg Trail, around the Lake Red Rock area, and back to the West Market Park in Pella where lunch will be served starting at 11:30 a.m.

Cost: \$12

Contact: Sherri Vanengelenhoven at (641) 672-0927

FSOSP ANNUAL BIKE RIDE

When: Noon Sept. 21 (registration begins at 10 a.m.)

Where: Great Western Trail from Des

Moines to Cumming to Martensdale. Meet at the Valley Park Depot, 4337 Park Ave.

Distance: 11/23/35/46 miles per leg
Description: This is an annual charity fund raising event hosted by the Friendly Sons of St. Patrick, Central Iowa. All proceeds will be donated to "Make a Wish Foundation." There's a Bloody Mary start with food and band entertainment at the half-way point. Raffle drawing highlights the day at 5:30 p.m. with a grand prize "mountain bike" give away. Lots of food, fun and friends.

Cost: \$20, includes registration, T-shirt, dinner and raffle ticket

Contact: Jeff Stickel - DrStickel@aol.com or (515) 255 3021 or sign up at Stickel Chiropractic, 2925 Ingersoll, Des Moines

FALL FEST RIDE

When: 10 a.m.-6 p.m. Sept. 21

Where: Pancake feed at the Laramar Ballroom, Fort Dodge

Distance: 44 miles

Terrain: Rolling hills

Expected riders: 50-100

Description: The ride is being held in conjunction with the Fort Dodge Chamber's Fall Fest. Registration is at 9 a.m. Stops include Tony's Tap in Duncombe; the Riverside in Lehigh, the pub in Otho and the Community Tap in Fort Dodge.

Cost: \$8

Contact: justjoan@frontiernet.net

BIG CREEK FALL BIKE RIDE

When: 8 a.m. Sept. 28

Where: Polk City Town Square on Highway 415, 10 miles north of Des Moines

Distance: 12 or 40 miles

Expected riders: 100-500

Description: A new longer route this year will take you up through Big Creek State Park, then up to Slater, back down to Saylorville for the Red Feather Prairie Festival and back into Polk City for food & fun!

Distance: Approximately 40 miles. This ride also offers a 12 mile family ride up through Big Creek State Park. Proceeds will benefit the Big Brothers, Big Sister of Iowa.

Cost: \$20 (download at www.polkcicy.com)

CYCLE FOR THE CURE

When: 8 a.m. to noon Sept. 28

Where: Des Moines.

Meet at Water Works Park to ride the Great Western Trail

Distance: 17 and 37 miles

Terrain: Flat

Description: The National Multiple Sclerosis Society is putting on this ride to raise money for the fight against MS. The ride begins at Water Works Park and continues through the Great Western Trail. Lunch and rest stops will be provided for riders.

Cost: \$25 for adults, \$5 for children under 12

Contact: Scott Gabrilson or Jamie Thompson at (515) 270-6337 or scott.gabrilson@iac.nmss.org

MYSTERY MACHINE

When: 11 a.m. Sept. 28

Where: Lone Tree

Distance: 30 miles

Expected riders: 30-50

Terrain: Rolling hills

Description: Party ride

Contact: Velma at (515) 240-4229 or kbarnet@dhs.state.ia.us

W.A.R.T.S. RIDE (Wabash Annual Ride To Shenandoah)

When: 9 a.m. Sept. 28

Where: Council Bluffs. Wabash Trace trailheads at Mineola, Silver City, Malvern, Imogene

Distance: 63 miles

Expected riders: 50-100

Terrain: Gentle grades

Description: You can start at any town along the trail. It is planned as a two-day ride for those want to stay (hotel or camp) in Shenandoah and ride back on the 29th.

Cost: \$10-\$15 donation

Contact: Shenandoah Chamber or Brian Steinkuehlerat (712) 246-3455 or briania@netins.net

GREAT RIVERVIEW RIDE

When: 7 a.m. Oct. 5

Where: 800 Corning Ave, Kiwanis Riverview Nature Island, Des Moines

Distance: 45 miles

Terrain: Rolling hills

Expected riders: 100-500

Description: Ride the Saylorville bike trail to Big Creek Park. Refreshments, first-aid and water stations along the trail for your convenience.

Contact: 245-7800

Cost: \$25 before the ride, \$35 on site

Accu-RAGBRAI for 2002

Continued from page 1

but twice! This is the same guy that my riding partner FAILED to dust on Day 4 after spending 15 miles trying. The guy didn't even know he was THERE! The last two days, however, had some REAL grinders. 4.5 mph is the best I could muster on a couple of 'em; I'll never complain about Indianola Road again! But the downhills on the other side ROCKED!!! I hit 40mph on one, and my riding partner hit 48mph! Doesn't make up for the "motorcycle" guy though-Did I mention that I dusted him TWICE???

Rating: 4 ChrisCakes

Headwinds

Compared to last year, ANYTHING is an improvement!

Rating: 3 mesmerizing windpower generators

Food

Of course, as everyone knows, RAGBRAI is really about the food. Not only were the traditional fare of pancakes, Pastafari, and Mr. Pork Chop present, but we were treated to free crab Rangoon in Sioux Center, the biscuits and gravy special in Forest City (worth the hour wait!), and the most AWESOME tenderloin in the entire world at Dublin's in Emmetsburg (The Irish pipe band made it even better!). On a bit of a dour note, inflation is taking its toll on RAGBRAIers pocketbooks a little more each year. My moneybelt (not to mention the rest of me), however, has taken a real beating the last couple years since having been stuck with Mr. "I Don't Have Any Money". Until it's time for his "hooch", aka Mike's Hard Lemonade, of course. Then you really don't wanna be around him.

Rating: 5 disgusting guy belches (I'm told that doing disgusting guy stuff like that makes me more approachable.)

Rain

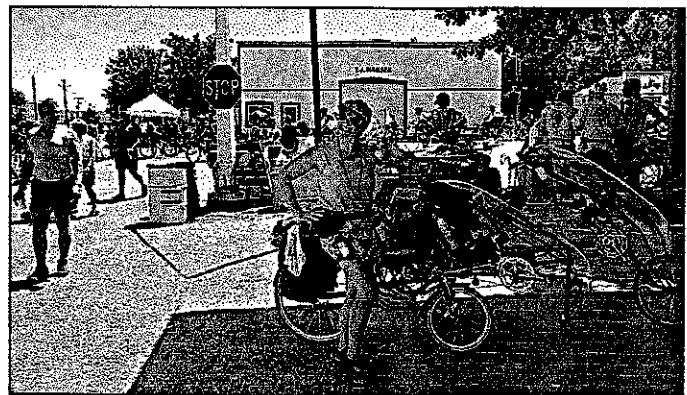
Of course! It's RAGBRAI!

Rating: Wet

Road Surface

Despite the absolutely AWFUL washboard coming out of Sumner, I didn't lose one piece of hardware the entire week. And I hear the gravel into Ayrshire was positively pristine. However, I didn't get to revel in the experience, thanks to my riding partner and another of his infamous, teeth-rattling, bone-jarring, make-one-harbor-homicidal-thoughts-toward-one's-big-idiot-of-a-riding-partner, "shortcuts", which left me fishtailing up a mile of far less than pristine gravel that I was ready to bury him in.

Rating: 4 rumblllllllllllllles



climbing

for non-climbers

By Dirk Friel
UltraFit.com

One of the biggest concerns I hear from riders is how to improve hill-climbing ability.

Besides creating a specific training program to make improvements in hill climbing, I find some simple strategies within races can oftentimes prove to have dramatic results when it comes to better finishes.

When most inexperienced riders come to a climb they simply go all-out and feel an enormous amount of pressure to reach the top first. Their blood pressure rises, pulse quickens and muscles get tense, even at the thought of an uphill section.

This isn't how it should be, and doing so will cost you enormous amounts of energy that otherwise could be saved for a strategic finish.

Riders who are not proficient at climbing must maintain their own pace and rhythm that is slower than the so-called "climbers." As compared to true climbers, average riders can't react as quickly to accelerations and need to stay within their particular climbing zone.

In addition to settling into your personal climbing zone, see if you can ever so slightly pick up the pace so that by the top you are able to re-enter the original group you started at the bottom with. Time the effort so you catch the group just as they crest the climb.

I would only make a high-intensity anaerobic effort if it's crucial that you re-enter the group ahead. This may be the case of it is the last climb of the day and the finish is near, or if there is a long descent or flat section following the climb and being with a group will save you lots of energy.

The opposite tactic of cresting a climb riding easy can work just as well too, if you think the group from behind will eventually catch the group up ahead. Working with the second group can save you energy too.

Be aware of the pace of the groups that have formed. While

on the climb you will have to decide which tactic is right for each situation. There are basically three choices to choose from: 1) Go hard over the climb to catch; 2) Go easy over a climb to allow others to catch you; or 3) Maintain your current pace, which will allow you to catch the front group as they are slowing down.

You can also learn a lot from more experienced riders and play off their tactics. If a certain rider has your same climbing ability and is riding easy in a certain section, use that as a clue to do the same. Many times you can become someone's shadow and get through to the end in a good spot simply by having followed their lead.

Try training with other more experienced riders as well, and make note of how they pace themselves on climbs to save energy while climbing.

One secret you can learn from the slowest climbers of all, sprinters, is to drift. Professional sprinters are the sneakiest of all. They will start climbs at the very front and drift all the way back to last place. Then on the descents, they will make up all the spots they lost by doing daredevil moves to get to the front before the next climb begins.

Try starting climbs at the front and then settle into your own pace and allow the majority of the group to pass you. It is amazing how much energy you can conserve this way. By doing this several times early in a race, when you are confident there is no need to be at the front, you will be much stronger for the end of the race when it really counts.

Drifting can actually be fun and give you a very real sense for how much energy is truly needed to climb. By timing it so you are one of the last riders over the top, you'll feel as if you didn't climb at all.

One warning though: Only do this when you are confident there will be no ramifications of cresting toward the back of the group. In general it is important to stay in the top 20% of the field, but if you are seriously concerned about finishing, or you are very confident that there will be no serious racing for a while, try drifting.

DOGHOUSE BIKES

403 E. Euclid Ave. Indianola, IA 515-961-5859



403 E. EUCLID AVE., INDIANOLA, IA
WWW.DOGHOUSEBIKES.COM
515 961 5859

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): _____

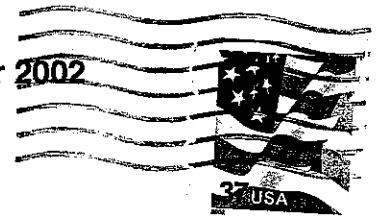
ADDRESS: _____ DATE: _____

PARTICIPANT'S SIGNATURE(S): _____

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

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



Mark Garner & Family

2003/01/

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