

# The Bike Lane

## Newsletter of the City of Cedar Rapids Bicycle Advisory Committee

August 2009

### City of Cedar Rapids Mayors Bike Ride on Labor Day

The annual Mayors Bike Ride, sponsored by Linn County Trails Association and the City of Cedar Rapids, will be on Labor Day, Monday September 7, 2009. Registration is from 9:00 am to 10:00 am at the swimming pool parking lot at Ellis Park. The 8 mile fun ride is free and open to the public. It will start at 10:15 am and will go through downtown Cedar Rapids, around Cedar Lake, and back to Ellis Park. An optional 2.5 mile ride is available. For more information, go to the Bicycle Advisory Committee facebook page [www.facebook.com/BikeCR](http://www.facebook.com/BikeCR).

### Swine Trek 2009



### Hawkeye Bicycle Association Annual Swine Trek

Hawkeye Bicycle Association's annual Swine Trek event, open to the public, will be held on September 5, 2009 at Pleasant Creek State Recreation Area near Palo, IA. Routes of 25, 50 and 100 miles leave at 7:00 am from the enclosed pavilion and feature Center Point, Troy Mills, and Quasqueton. Registration begins at 6:30 am. The 12 mile nature trail ride begins at the Center Point Depot with registration at 9:00 am. For more information contact Diane Potter [dianepotter54@gmail.com](mailto:dianepotter54@gmail.com) or go to [www.hawkeyebike.org](http://www.hawkeyebike.org).

### CEDAR FALLS 14<sup>TH</sup> ANNUAL TRAILS FESTIVAL

Opening Ceremony and Trail Walk August 6 at Hearst Center for the Arts in Cedar Falls.

Bridge to Bridge Ride August 7 at Lincoln Park in Waterloo.

Bike Rodeo August 8 at Black Hawk Park in Cedar Falls. Safety circuit designed by the DNR and CFPD.

Light Up the Night Ride August 8 at Gateway Park in Cedar Falls. Candlelit ride begins at dusk. Bicycle lights and helmets required.

Tour de Valley August 8 at Gateway Park in Cedar Falls. Seven mile loop or twenty three mile ride through Cedar Valley Trails.

Poker Ride August 9 at Mulligan's Brick Oven Grill & Pub, 205 E. 18<sup>th</sup> St, Cedar Falls. Riders will visit various points of interest along the trails collecting cards to compete in a game of poker for prizes.

For more information go to [www.bikeiowa.com](http://www.bikeiowa.com) Ride Calendar.



### Bicycle Friendly Event 22<sup>nd</sup> Annual Jazz Under The Stars

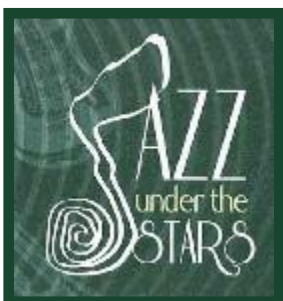
KCCK 88.3 Jazz Radio presents Jazz Under the Stars, every Thursday night in August, at Noelridge Park in Cedar Rapids. Concerts begin at 7:00 pm. The events are free and open to the public. A free, staffed bicycle corral for bicycle parking will be provided by KCCK. The concerts will end after dark, so remember lights on bikes.

August 6 – Fred Woodard Trio      August 13 – The Al Naylor Quartet

August 20 - Funk-Stop              August 27 – Lake Street Drive

Food and refreshments will be available for purchase. Attendees are invited to bring lawn chairs, blankets and food.

For more information contact KCCK at 319-398-5446.



## City of Cedar Rapids Bicycle Friendly Community Application

The League of American Bicyclists approved Part I of the Bicycle Friendly Community application on July 27, 2009. The Bicycle Advisory Committee will submit Part II of the application on August 7, 2009. After reviewing and scoring Part II applications, the League awards qualifying communities Bicycle Friendly Community status, with a designation of platinum, gold, silver, or bronze. Communities on the cusp of earning an award may be given an honorable mention award.

The Bicycle Advisory Committee is on Facebook [www.facebook.com/BikeCR](http://www.facebook.com/BikeCR). Find information on bicycle accommodation projects, upcoming bicycle friendly events, Bike Friday group rides, the monthly newsletter, Comprehensive Trails Master Plan, Bicycle Ambassador Program and more. Join discussions and give input on Cedar Rapids becoming a Bicycle Friendly Community.



Bicycle Friendly  
Community

### Kirkwood Continuing Education Bicycle Maintenance Courses

Kirkwood Community College is offering 2-hour hands-on bicycle maintenance courses this fall:

**Bicycle Tire Repair** - How to repair a flat, mount tire on rim, tube repair, anatomy of the wheel, basic do's and don'ts, tools and equipment needed for roadside repair.

**Bicycle Maintenance You Can Do** - Anatomy overview of working parts, basic adjustment, lubrication and maintenance, basic tools.

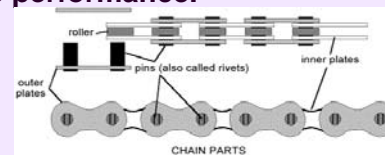
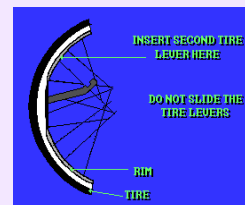
**Basic Bicycle Adjustment for Braking and Shifting** - Basic adjustment and anatomy of front and rear derailleurs and brakes, how they work and how to maximize performance.

**Replacing/Serviceing Your Bike Chain** - How to clean, lubricate and adjust or replace a bike chain. A chain with a power link is recommended when purchasing a new chain.

For more information go to [www.kirkwood.cc.ia.us](http://www.kirkwood.cc.ia.us) Continuing Education Programs / Recreation / Sports. Kirkwood also offers other sports courses for running, kayaking, golf, baseball, boxing, and baton twirling.

**Kirkwood**  
Continuing Education & Training Services

Continuing Education



### Bike Lanes on Boyson Road

In July, the City of Cedar Rapids Streets Department painted 6" wide edgelines on a section of Boyson Road NE between Council Street NE and C Avenue NE to provide a wide shoulder for cyclists. The edgelines are approximately 6 feet from the curb face on both sides of the road. Pending City Council approval, the wide shoulders will be marked and signed as bike lanes.





### NORTHTOWNE CYCLING AND FITNESS

1150 Blairs Ferry Road NE  
Cedar Rapids, IA 52402  
319-393-6557

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

Monday and Thursday 9:00 am – 8:30 pm  
Tuesday, Wednesday and Friday 9:00 am – 6:00 pm  
Saturday 9:00 am – 3:00 pm  
Sunday Closed

### HALL BICYCLE COMPANY

419 2<sup>nd</sup> Avenue SE  
Cedar Rapids, IA 52401  
319-362-1052

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

Monday and Thursday 8:30 am – 8:30 pm  
Tuesday, Wednesday, Friday 8:30 am – 5:30 pm  
Saturday 9:00 am – 4:00 pm  
Sunday Closed

### CEDAR RAPIDS AREA BICYCLE, RUNNING AND TRIATHLON CLUBS

- Atlas Cycling [www.atlascycling.org](http://www.atlascycling.org)
- Bicyclists of Iowa City (BIC) [www.bicyclistsofiowacity.org](http://www.bicyclistsofiowacity.org)
- Cedar Valley Running Association (CVRA) [www.cvra.net](http://www.cvra.net)
- Corvair Cycling Club
- Hawkeye Bicycle Association (HBA) [www.hawkeyebike.org](http://www.hawkeyebike.org)
- Iowa Bicycle Racing Association [www.bikeiowa.org](http://www.bikeiowa.org)
- Iowa Coalition of Off-Road Riders (ICORR) [www.icorrmtb.org](http://www.icorrmtb.org)
- Iowa City Cycling Club [www.ic-cycling.org](http://www.ic-cycling.org)
- Kennedy Mt. Biking Club (Chain Gang) [www.kenn.cr.d12.ia.us](http://www.kenn.cr.d12.ia.us)
- Linn Area Cyclers Bike Club [www.lacbc.vpweb.com](http://www.lacbc.vpweb.com)
- Linn Area Mountain Bike Association (LAMBA) [www.lambaonline.com](http://www.lambaonline.com)
- Linn County Trails Association (LCTA) [www.linncountytrails.org](http://www.linncountytrails.org)
- Marion-Cedar Rapids Road Hogs Bike Club [www.road-hogs.com](http://www.road-hogs.com)
- Midwest Xtreme Tri Club [www.mwxtri.com](http://www.mwxtri.com)
- Wednesday Night Bike Club (WNBC)



## City of Cedar Rapids Bicycle Advisory Committee



- Ron Griffith**, City of Cedar Rapids, Bicycle Coordinator and Project Engineer II - Traffic
- Dave Smith**, City of Cedar Rapids, Parks Superintendent
- Derek Stepanek**, Northtowne Cycling & Fitness, Manager
- Geoff Eastburn**, Ryan Companies, Vice President; Linn County Trails Assoc., President
- Karl Moscrip**, Hall Bicycle Company, Owner
- Kevin Caster**, Shuttleworth & Ingersol, Attorney; Linn Area Mountain Bike Assoc., Secretary
- Lisa Paulos**, Iowa Bicycle Racing Association
- Mark Wyatt**, Iowa Bicycle Coalition, Executive Director
- Nikki Davidson**, Rockwell Collins, Senior Support Coordinator
- Paul Salamon**, Rockwell Collins, retired; League of American Bicyclists Cycling Instructor
- Lt. Thomas Jonker**, City of Cedar Rapids, Police Department Bike Patrol
- Shannon Stokesberry**, City of Cedar Rapids, Police Department Crime Prevention
- Sue Davis Smith**, Hawkeye Bicycle Association

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