

MARCH 2003

# Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

## Russian Joins DMCC Race Team

Olga Lyakisheva, a 20-year old former Junior National Russian Champion from Kosaya Gora, Tula, Russia, has joined the DMCC Race Team for the 2003 season. She is from an area of Russia that has produced several World Champion cyclists. Her home velodrome, in the city of Tula, is more than 100 years old, and counts among it's notable patrons and users famed Russian novelist Leo Tolstoy.

Miss Lyakisheva, who has won track championships in match sprinting, points racing, and the 500-meter individual TT, was invited to Des Moines to train and race after being unable to race in Russia during the 2002 season. She started her competitive cycling career in 1996 at the age of 13, having been selected for the sport by the Russian coaching system based on her participation in swimming and volleyball in school. In May of that year, she won her local junior age group match sprint championship. Later that year, she competed in the Russian National Championships where she finished 11th in match sprinting and ninth in the 500-meter TT.

Since then, Miss Lyakisheva has developed into a world-class sprint and 500-meter specialist. Her career record includes:

**2000 Championships of Russia:** 4th place in the 500-meter TT, where, as a 17-year old she rode against the senior women.

**2001 Junior Championships of Russia:** 1st place in the 500-meter TT, 2nd in match sprinting.

**2001 Junior European Championships:** 4th place in the 500-meter time trail, 5th in match sprinting

**2001 Junior World Championships:** 11th place match sprinting

Miss Lyakisheva recently participated in the Iowa Roller Race series, where she earned a silver medal. She may subsequently ride some early criteriums as she prepares for the season. She is currently staying with Roger Sitterly, race team treasurer, who is serving as her primary coach.

### UPCOMING EVENTS

Swap Meet &  
Ride  
March 29

Altoona Road  
Race  
April 5

Veishea Criterium  
April 5

Altoona Criterium  
April 6

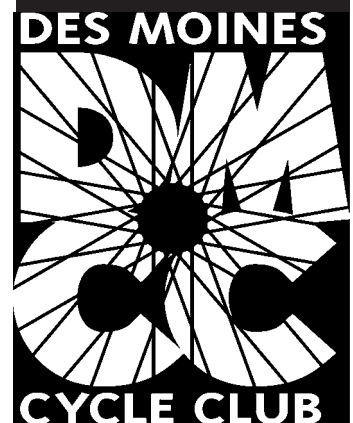
Veishea MTB  
Race  
April 6

Elkhart TT  
April 17

Mayor's Annual  
Ride for Trails  
April 12

Tailwind Ride  
May 10

Doghouse  
Run I  
June 7



# President's Message

Hi, Kids!

Hope everyone is surviving winter and managing to get in at least a few miles every so often. I know The Critter and I haven't been able to ride nearly as often as we'd like, due mostly to my house renovation eating all my free time and energy. But it'll be worth it, and we most certainly plan to make up for it when it's all done! As a matter of fact, here's the link to the really kewl kid trailer I hope to get—in GREEN, of course! <http://www.lodrag.com/home.html>

Speaking of green, The Annual Friendly Sons of St. Patrick Parade will be Monday, March 17 at noon in downtown Des Moines. The Critter and I plan to be there, assuming I can find something green and bike-friendly that will fit me. ☺ If you'd care to ride your bike in the parade and join the party, call or email me to let me know you're coming, and I'll give you the details. This will be my, oh my gosh, 19<sup>th</sup> parade, and it's always a ton o' fun! Just be sure to bundle!

And because of my little bundle of joy's timing, I will be unable to organize the recumbent rally this year. If anyone else is interested in putting one together, please let me know and I'll get you all

the information you'll need, and I promise I'll at least do my best to show up. ☺

The Des Moines metro area will be having its first annual (We hope!) "Bike To Work Day" Friday, May 16<sup>th</sup>. More information, as well as a website, will be available soon. The organizers will need volunteers to help with numerous events. Donations are also needed. If anyone is interested, contact me and I'll get you in touch with the appropriate folks.

Finally, I would like to thank Andre Rethman for having served as Treasurer for more years than I've been around. And thanks to Tom Phillips for doing double time as both Secretary and Treasurer. I would also like to thank Jeanne Abbott for serving as our newsletter editor for the past year or so. Draftlines is now being produced by the Doghouse Bikes BMX race team. Thanks to Joni Siebenlist for organizing the new crew. And last, but not least, I would like to thank my best friend and riding partner, John Cisar, for having served as our first official WebGEEK. Mark Garner has very enthusiastically taken over this position. Many thanks to all of you, and the rest of our board members and volunteers for doing your part to keep our club going!!!

Keep pedalin'...

Lori

## Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

Draftlines® is published monthly by the Des Moines Cycle Club. Cycling related stories, photos, information, or other contributions are welcome, and must be received by the 1st of the month for the next issue.

Submissions for Draftlines can be sent to Joni Siebenlist, Editor, at 8784 95th Ave., Indianola, IA 50125, or e-mail [DMCCclub@peoplepc.com](mailto:DMCCclub@peoplepc.com).

Draftlines classified and display advertising must be received by the 1st of the month prior.

Correspondence to the Des Moines Cycle Club can be sent to P.O. Box 13258, Des Moines, IA 50310, or e-mailed to [DMCCclub@peoplepc.com](mailto:DMCCclub@peoplepc.com).

### DMCC INFORMATION

For news on upcoming rides and other events, visit our newly updated website at <http://www.dmcycleclub.com>.

### 2003 Board Members

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# History of Des Moines Metro BMX

by Kittie D. Weston-Knauer, President

Imagine the excitement of speeding down a 20-foot hill and riding as hard and fast as you can over jumps of doubles, triples, and tabletops; around berms measuring 15 feet high; and over a series of rollers to a straightaway that has you sprinting to the finish line. This is the case at Des Moines Metro BMX Track.

Saturday, October 23, 1999, 25 people came together to establish an organization that would develop a BMX track in the Greater Des Moines area and develop a program that would have youth and adults participating in the sport of bicycle motocross. Des Moines Metro BMX Club was selected as the organization's name with the track being named Des Moines Metro BMX Track. Club members elected to affiliate with the National Bicycle League. A mission statement was developed:

**to improve the quality of life in a healthy, wholesome environment and promote good sportsmanship through recreational opportunities.**

An attorney assisted in developing the Articles of Incorporation and Bylaws. Des Moines Metro BMX Club became incorporated May 12, 2000. An architect came on board and developed a site plan with an estimate of the cost of construction for the track. The site plan was based on the drawings of a national rider who lives in Des Moines. During this time, club members made presentations to the Parks and Recreation Board, the Apprenticeship Coordinators of the Building and Trades Unions, and neighborhood associations. With the support of Parks and Recreation, Ewing Park was selected as the site of the new BMX track. The City Council approved the lease agreement for the Ewing Park site Monday, March 26, 2001.

Between July 21 and 31, 2001, Des Moines Public Works and Polk County Public works delivered 6,000 cubic yards of dirt to the track site. With equipment donated from the Apprenticeship Coordinators of the Building and Trades Unions, and the assistance of volunteers from throughout the state, the track build took place during the week of August 3-11. The gate, which had been built in the Winter of 2001 by the IronWorkers Local 67, was brought out to the track

and installed by them. The Home Depot donated the air compressor that is used to operate the gate.

The inaugural race on this 1,350-foot downhill track was held Sunday, August 12, 2001, with 46 riders competing on Iowa's newest track. The following Sunday, August 19, saw 72 riders participating in the first State Qualifier for Des Moines Metro BMX Track. The Iowa State Championship was held at Des Moines Metro BMX Track Sunday, September 30, 2001. The grand opening and dedication of the track was also held prior to the race with Mayor Preston Daniels presiding. Because of the great weather through the fall of 2001, races continued until Sunday, October 28, 2001.

The sport of BMX has continued to grow since its return to Des Moines from the late 80's/early 90's. The track has been opened daily, weather permitting, from April through October. Hundreds of youth and adults have participated in practices and competition. During the spring and summer of 2002, riders participated in clinics where they learned proper bicycle set up, good nutrition and health practices, and received extensive BMX training. A regional national that saw 230 riders from throughout the Midwest was held at the track July 26-28, 2002.

Having a national caliber track in the metro area has provided positive recreation for the riders and their families. Races are held on Thursday evenings and Sunday afternoons from April through October. Bicycle motocross is a physically demanding sport, which promotes a wholesome, healthy lifestyle. Proper nutrition, adequate sleep, and a drug free environment are the credo and are essential to success. By its very nature, BMX teaches and fosters responsibility, respect for others and their property, good sportsmanship and courage.

We invite you to come out to Des Moines Metro BMX Track. You can also check us out on the track web site at [www.dsmmetrobm.com](http://www.dsmmetrobm.com). It includes track news; race schedules, results, and pictures; directions to the track; National Bicycle League information (our sanctioning body; and our sponsors.

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## SWAP MEET

A Swap Meet sponsored by the Des Moines Bicycle Club will be on Saturday, March 29th in the Levitt Room at the Des Moines Botanical Center which is on East 1st Street North of Grand Avenue which runs through downtown Des Moines. If coming on I235 exit at East 6th and take East 6th south a few blocks to Des Moines street and go west to East 1st St and then take East 1st north to the Botanical Center. The Swap Meet will be from 8:30-11:00 am. People bringing items to sell may come at 8:00 am to set up. This event is open to anyone wishing to come. You may bring bicycling (or related) items to sell or you may come only to look at items. This has traditionally been a good time to buy some items for a low price. Also feel free to come and visit with other cyclists. The entrance to the Levitt Room is from outside the Dome. Just go by the main entrance along the west side of the Botanical Center to enter. This side entrance will be used until 10:00 am when the main entrance is opened. At 10:00 the outside entrance from the side is locked. The rental fee includes a 50 cent charge per person for admission to the Botanical Center so attendees may tour the main Botanical Center when it opens at 10:00 am. There will be a ride around 11:00- 11:30 am after the Swap Meet with the route and distance being determined by the desires of the riders and by weather conditions!  
pblackleo@msn.com or 515-255-6194 if you have any questions or need directions.

## TAILWIND RIDE

The Tailwind Ride is returning this year on Saturday, May 10. DMCC will be doing this ride with Lake Country Cyclists. We will be leaving from the usual location at 30th and Hickman. More information will be provided in future newsletters.

## RIDE LEADERS NEEDED

Anyone who wishes to coordinate/lead a regularly scheduled ride should contact myself at 255-6194 or [pblackleo@msn.com](mailto:pblackleo@msn.com).

## DOGHOUSE RUN I

DMCC is presenting its newest ride on June 7th 2003, DOGHOUSE RUN I.

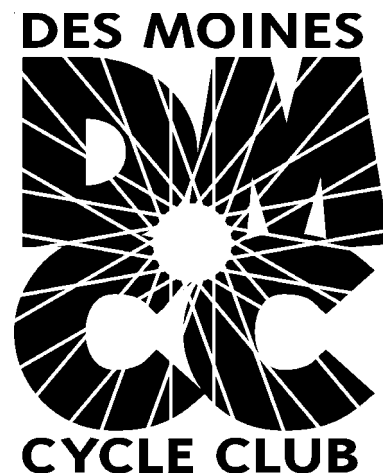
This ride has appeal for the whole family, and any type of rider. The route encompasses many options, including 22 miles of Warren County's newest paved trail, the Somerset, other options include an additional 20 to 40+ miles of Ragbrai's historic 25th Anniversary ride, Visiting the charming communities of Milo and Lacona.

The ride begins at Doghouse Bikes, the Somerset trail head, located at 403 E. Euclid Indianola. Total support and sag will be offered, as well as food and drink and LOTS of FUN!!!

As always the prizes will be biking related and top of the line, something DMCC has strived to maintain. Please watch for more news and ride applications later this spring.

## MAYOR'S ANNUAL RIDE FOR TRAILS

Enjoy the first ride of the season! The Mayor's Annual Ride for Trails will be held on Saturday, April 12. Your registration fee of \$16 (\$20 after March 22) includes a T-shirt, refreshments at rest stops, post-ride activities, lunch, sag support and a repair van. Helmets are required. All proceeds benefit the Des Moines Recreation Trails. For more information, contact the MAR line at 515-283-4294 or visit our web site at [www.dmgov.org](http://www.dmgov.org)



# Doghouse Bikes



35% off all  
in-stock clothing  
til 4/15/03

403 E. Euclid Avenue - Indianola, IA  
515-961-5859 [www.doghousebikes.com](http://www.doghousebikes.com)

## Des Moines' First Critical Mass Ride!

The first Critical Mass Ride was held in Des Moines on Friday, February 28 at 5:30 pm. 60-70 cyclists left from the parking lot east of the State Capitol Building. Cyclists rode west on Grand Avenue to 31st Street and then to Ingersoll Ave. and then back to the Capitol on Locust. The purpose of the Critical Mass ride is to promote cycling as a means of transportation and to promote the rights of cyclists. The Critical Mass Ride is organized by Jane Reisman who is a law student at Drake University. The beginning part of Jane's email is [governorJane@](mailto:governorJane@) and I asked Jane if she worked at or was affiliated with the governor's office. Jane replied that she "wants to be governor someday and just uses that on her email". The specific purpose of the ride is not yet well defined, some riders had signs which said "Share the Road" and some other cyclists believed that the purpose should be to tie up traffic so cyclists are well noticed. As for myself I do not believe cyclists should be asking motorists to share the road if the cyclists themselves are not going to share the road. By 5:45 pm on a Friday afternoon there are not many motorists in downtown Des Moines, so as to stopping traffic, the Critical Mass Ride had little impact. The group was in a sharing mode as one person had a backpack with Red Bull and was giving it to cyclists. The Red Bull was cold and as it was a cool evening not many had Red Bull. Another person was handing out a key chain/id tag that was reflective. It was about 1 3/4 by 2 1/2 inches and on one side you could enter your name, address, and phone number. On the other side of the tag was the domain name for [www.bikeiowa.com](http://www.bikeiowa.com). The tag could be used as a key chain or it could be attached to a zipper. The Critical Mass ride will be held the last Friday of each month from just east of the Capitol and the start time for March 28 will be 5:00 pm.

Paul Black

## THE CLASSIFIEDS

Classified ads are free to DMCC members and \$10 for non-members with a 50 word maximum. Ads will run for 3 issues and will be deleted unless Draftlines is notified to continue the ad. Place an ad by calling Draftlines at 515-961-7359 and leaving a message, or e-mailing to [dmclub@peoplepc.com](mailto:dmclub@peoplepc.com).

**Answer Fork:**  
Answer Warlock 20" BMX fork. Limited edition gold anodized. Used for 3 months. \$100 Call Adam Boone @ 515-961-7825

**Free Agent Expert:**  
2002 Free Agent Expert BMX bike. 19" top tube, red & white. \$175. Call Abby Boone @ 515-961-7825.

**Marzocchi Sinister Pro-lite Fork:**  
1 1/8" steerer tube, black, 936 grams, for 20" BMX bike. \$125. Call Sierra Siebenlist @ 515-961-7359.

**Cruiser Wheels:**  
24" bmx cruiser wheels, new. Sealed FA freewheel hubs, stainless steel spokes with Rhino lite rims with tires, tubes, rim tape. \$100. Call Abby Boone @ 515-961-7825.

**Ritchey WCS Road Handlebar & Stem:**  
Brand New, Superlight, black, \$80. Call Andy Boone @ 515-961-7825.

**Dodge Grand Caravan - 1993:**  
Grey with maroon interior. Rasta roofrack included. Infinity sound system with two working speakers! Perfect race van, lots of room. \$750 Call Adam Boone @ 515-961-7825.

## Elkhart Individual Time Trial Series

This will be a 5 race series on Thursday evenings. Perfect for that after-work race!

Hope to see everybody there. We're still looking for a handful of volunteers.

Where: Elkhart, Ia (NE of Ankeny). From I-35, take exit #96 and head east 2.5 miles. Park in Softball complex parking lot.

Distance: 12 km, out-and-back

Dates: (Thursday evenings) April 17, May 8, May 29, June 19, July 10

Entry fee: \$10

Registration opens at 5:45, racing starts at 6:30

Sponsored by: Doghouse Bikes, BikeWorld

For complete details, see the flyer at [www.dmcycleclub.com](http://www.dmcycleclub.com)

Contact Information: Ross Schuchart, [ross\\_schuchart@yahoo.com](mailto:ross_schuchart@yahoo.com), 515-963-0937

### What is a Time Trial?

A time trail is a timed event on an open road, where the cyclist competes against the clock.

The purpose of the series is to help the individual rider show improvement over the course of the season. With each race, riders should feel stronger, more confident, and hopefully show improved times!

**Time trials are great for sport cyclists, triathletes, and those wanting to improve their general fitness.**

**Tip:**

Keep your glasses from fogging up on winter rides. Smear both sides of the lenses with gel toothpaste and rinse with cold water. Then gently towel dry.

### Interested in advertising your business in Draftlines?

Display ads furnished camera-ready are \$40 per issue for a full-page (7"x10"), \$20 for a 1/2 page (7"x5"), and \$10 for 1/4 page (7"x2 1/2").

# **Draftlines**

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB  
P.O. Box 13258, Des Moines, Iowa 50310-0258

**March 2003**

**DMCC's Annual  
Swap Meet  
3/29/03  
Botanical Center  
8:30 AM**

*Printing for Business*

# **iMPACT!**

312 6th Avenue  
Des Moines, IA 50309  
**244-5668**