

JANUARY 2006

# Draftlines

MONTHLY NEWSLETTER OF THE DES MOINES CYCLE CLUB

## RAGBRAI® XXXIV REGISTRATION INFORMATION

We will use the Ragbrai® online registration again this year.

If you do not have internet access, call Joni Siebenlist at 515 961 5859 (evenings) or 515 241 5050 (work)

Go to [www.ragbrai.org](http://www.ragbrai.org) - click on Registration, then application

Click on complete an application form online

Follow the instructions:

- Register as a member of the existing group: Des Moines Cycle Club - 00025
- Register as one of the following:
  - one who has registered in the past
  - new person
  - cannot find the previous record

Follow the instructions:

- Verify your registration, make sure you include a working email address
- Print your confirmation
- Print and sign a waiver

Save your unique ID if you would like to look up the lottery results after May 1.

Your registration will be emailed to Joni Siebenlist who will confirm receipt.

On the confirmation page that you printed:

add the club fee for charter bus (\$130) or luggage service (\$80) optional tent service fee (\$130) to the confirmed Ragbrai® fees (*Example: week long rider with charter bus and a jersey - \$155 from confirmation page + \$130 charter bus = \$285*)

*You must be purchasing a club service (charter bus or luggage service) to obtain tags through our group, Des Moines Cycle Club.*

Write a check for the total amount to DMCC

Send the confirmation page, waiver, and check to:

Joni Siebenlist, 8784 95th Ave., Indianola, IA 50125

**Please do not send paperwork to The Register!**

**All paperwork must be postmarked by February 21, 2006.**

See complete Ragbrai® info on page 4.

Do you think you can pick the eight overnight towns for RAGBRAI® 2006? Enter the contest and see how close you come. Whoever correctly chooses the most overnight towns in order will receive their DMCC charter bus transportation as a prize. Email your 8 overnight town guesses to Joni Siebenlist @ [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com) by midnight on 1/23/06 for your chance to win.



## UPCOMING EVENTS

Kalona RR  
Kalona, IA  
1/22/06

Hard Core RR  
Iowa City, IA  
1/29/06

IA Bicycle Summit  
Des Moines, IA  
2/2 & 2/3/06

Tour de BRR  
Perry, IA  
2/4/06

DMCC Meeting  
Franklin Library  
2/6/06

Valentine's Day  
Massacre RR  
Des Moines, IA  
2/12/06

ISU RR  
Ames, IA  
2/19/06

Check [bikeiowa.com](http://bikeiowa.com)  
or [bikeiowa.org](http://bikeiowa.org) for



## WANT TO BE FASTER, RIDE EASIER IN 2006, READ THIS . . .

This morning (Jan. 2, 2006) I stepped on the scale. I was expecting more 'damage' after a month that included numerous holiday parties, eating Mom's really good food, and basically doing a less than stellar job of managing my nutrition.

So, I gained a few pounds. Most of us probably did during the holiday. A National Institute of Health study, now about 7 years old, found the people in their study gained about 1 pound between September and March.

One pound...is that all? I gained about 3.5 pounds!

The thing about weight is that it fluctuates. What a person weighs at 6 a.m. in the morning may be different than what they weigh at 6 p.m. the same night. And what a person weighs in January may be totally different (hopefully, for most of us, higher) than what a person weighs in July.

So, don't get "freaked out" over a snapshot of your weight measurement. But, you can get concerned, and motivated, to make a proper adjustment of your weight.

The goal is to get to an "ideal" riding weight at least a month before the event. For those of you doing RAGBRAI, it would be ideal if you could get near (within 5 pounds) of your ideal cycling weight by June 1. So, consider the June 1 date your "line in the sand." That's about 22 weeks from the start of the year. Between now and then, with good nutrition and exercise, it is possible to lose 15 to 20 pounds. Imagine, riding your bike with a 20 pound weight attached to the frame. Then, you take the weight off. Do you think you'd ride faster or easier? Of course you would!

Now, some advice for those of you who are naturally lean or thin. DO NOT lose any more weight, unless advised to do so by a physician. In your case, it may be best to add a few pounds of muscle weight. This means doing exercises like leg presses, leg extensions, hamstring curls, calf raises, squats, and lunges. You'll want to get the advice and assistance of a trainer, or someone who can show you how to do these exercises using the proper form.

So, riding faster and easier in 2006 is a result of improving the "power-to-weight" ratio. Think of power as how fast you can ride up a hill (power on a bike is measured in "watts" using special instruments...the most common is the PowerTap). Your weight is what you weigh when you step on the scale.

For me, the easiest and quickest way to improve my power-to-weight ratio is to lose 10 pounds of fat. For some people, it may be adding muscle to effect the power side of that equation. If you want to know how important power-to-weight ratio is, just read Daniel Coyle's book: *Lance Armstrong's War*.

*Randy Catron is a USA Cycling licensed expert coach and also a certified strength and conditioning specialist (NSCA-CSCS). He is director of the Iowa Cycling Academy ([www.IowaCyclingAcademy.Com](http://www.IowaCyclingAcademy.Com)), the Des Moines Cycle Club Race Team, the Iowa Juvenile Diabetes Research Foundation Cycling Team, and race director for the Iowa Games road race. You can reach Randy at [CoachRandy@IowaCyclingAcademy.Com](mailto:CoachRandy@IowaCyclingAcademy.Com).*

All newsletters will be sent via email. It will arrive in a PDF file (open with Acrobat Reader). The advantages of a PDF file are: your newsletter can be viewed in color, the photos look especially great. You can print a copy if you like, or just save it on your computer. Please remember to write your email address on the club application when you renew your

## 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>.

### 2006 Board Members

VACANT, President

MIKE RANSOM, Vice-President  
961-8478 or [m.ransom@mchsi.com](mailto:m.ransom@mchsi.com)  
TOM PHILLIPS, Secretary/Treasurer  
277-7041 or [phillips7041@msn.com](mailto:phillips7041@msn.com)  
JONI SIEBENLIST, Membership/  
Ragbrai coordinator  
961-5859 or [dmcclub@peoplepc.com](mailto:dmcclub@peoplepc.com)  
PAUL BLACK, Ride Chair  
255-6194 or [pblackleo@msn.com](mailto:pblackleo@msn.com)  
Doghouse Racing BMX Team,  
Newsletter Editors  
961-5859 or  
[doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)  
Randy Catron, Race Team  
[catronfamily@prodigy.net](mailto:catronfamily@prodigy.net)  
MARK GARNER, Web Master  
224-0190 or  
[markdavidgarner@hotmail.com](mailto:markdavidgarner@hotmail.com)

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



## Rules for Exercising in the Cold

Check the temperature and wind conditions before you go out, and do not exercise if conditions are dangerous. Keep your head, hands and feet warm. Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials). Warm the air you are breathing if temperatures are below your comfort level (usually around 60° F).

### Compliments of:

Put your name and logo in this area, then make handout copies.



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## Exercising in the Cold

### THE BIGGEST CONCERN WHEN

exercising in the cold is the risk of hypothermia, or too much heat loss. When you exercise in a cold environment, you must consider one primary factor: How much heat will your body lose during exercise?

Heat loss is controlled in two ways:

1. Insulation, consisting of body fat plus clothing; and 2. Environmental factors, including temperature, wind and whether you're exercising in the air or in the water. Each of these factors plays a role in the body's ability to maintain a comfortable temperature during exercise.

### Insulation

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. One study showed that heat loss from the head alone reached about 50 percent at the freezing mark and that by simply wearing a helmet, subjects were able to stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat, and even in the coldest of temperatures, people will sweat and risk significant heat loss. With this in mind, you want to choose clothing that can trap air but still allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation as needed. While many new products can provide

such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Superficial warming of the hands will return blood flow to prevent tissue damage. Blood flow will not return to the feet, however, unless the temperature of the torso is normal or slightly higher (.5 to 1.0 degree Fahrenheit above normal). So, to keep your feet warm, you must also keep the rest of your body warm at all times.

### Check with the Weatherman

Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggests little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind chill factor (combined effect of temperature and wind) falls below minus 20° F. That can be achieved by any combination of temperatures below 20° F with a wind of 40 mph and temperatures below minus 20° F with no wind. If you are exercising near the danger zone for skin exposure, it also is advisable to wear a scarf or mask over your nose and mouth to warm the air being inhaled.

If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.

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## Des Moines Cycle Club RAGBRAI® XXXIV Information

The Ragbrai® coordinators, Rich or Joni Siebenlist must receive your confirmation of registration printed from the on-line process located on the internet at [www.ragbrai.org](http://www.ragbrai.org) postmarked by February 21, 2006. Please send the confirmation, signed waiver, and check or money order payable to DMCC for all fees to 8784 - 95th Avenue, Indianola, IA 50125. All waivers must be signed and returned with your Ragbrai® confirmation.

Des Moines Cycle club members who apply through the club must not apply for additional Ragbrai® tags through the Register's lottery or through another club or organization. The Register checks for duplicate names and these individuals are completely eliminated from receipt of credentials.

If you have an email address, please indicate it so we can confirm receiving your application. We will send all correspondence by email. Tags will be distributed upon check-in at Charter Bus on July 22, 2006. If you are not traveling on the Charter Bus, you may request your tags be sent via mail. After May 1, 2006, you will be able to check the lottery results at [www.ragbrai.org](http://www.ragbrai.org). You will need your unique ID # found on your confirmation page that you printed from the on line registration process.

**Fees:** You must purchase either a charter bus ride (\$130) or luggage service (\$80). Tent service option: If you choose this option, you will have a tent provided and set up for you each day. Each 3-person tent should be large enough for two people and their luggage. Cost is \$130 for the entire week of Ragbrai®. Funds generated from the tent option will be used to support young racers of the Des Moines Metro BMX association that will be working during the ride. Thank you for your support.

There will be NO REFUNDS after you have received notification of acceptance. The coordinators will keep a "wanted" and a "for sale" list, but will not be involved with the sale or transfer of credentials.

DMCC will provide charter bus and luggage transportation to any individuals who acquire their own Ragbrai® credentials. A DMCC membership is not required to use the club's charter bus or luggage transportation; however, DMCC membership is required to purchase Ragbrai® credentials through the club.

Bike boxes will be used as dividers between bicycles on the trucks. Each person is allowed only one bicycle. Tandem riders may bring only their tandem. Each rider is limited to two pieces of baggage (excluding your bicycle) with a maximum combined weight of 40 pounds. Each bag should not exceed 20 pounds. No suitcases, please. We strongly recommend some type of duffel bag. Additionally, no items should be attached/tied to the outside of your baggage.

Emergency sags: we have limited space available for individuals needing to sag for a day due to illness or injury. One of the truck drivers will be in charge of assigning seating in the event a rider needs to sag.

The Des Moines Cycle Club will not be responsible for lost, stolen, or damaged items. Please remember: You are responsible for ensuring that your baggage and cycling equipment are loaded on the proper vehicle during Ragbrai®.

On July 22, 2006, we will be loading the trucks and buses at the Clive Hotel & Suites, located at 11040 Hickman Road (across from Living History Farms) in Des Moines. Their phone number is 515-278-5575. For those participants that will be arriving via air transportation, we recommend arriving on July 22 and departing on July 31, 2005.

The Des Moines Cycle Club Board of Directors strongly recommends that all individuals participating in Ragbrai® XXXIV wear approved bicycle helmets and follow the rules and laws that pertain to riding a bicycle on public roads. The Des Moines Cycle Club promotes safe cycling.

Questions? Email us at [dmcclub@peoplepc.com](mailto:dmcclub@peoplepc.com) or [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)

**If you do not have internet access and need assistance with the registration process, please contact Joni Siebenlist @ 515 961 5859 (evenings) or 515 241 5050 (daytime - work).**



## **IOWA BICYCLE SUMMIT TO BE HELD FEB. 2-3**

The second annual Iowa Bicycle Summit is expanding to two days, Thursday and Friday, Feb. 2-3 at the Holiday Inn Downtown at Mercy Campus in Des Moines. The gathering will take place from 8:30 a.m. to 4:30 p.m. each day and is sponsored by the Iowa Department of Transportation and the Iowa Bicycle Coalition.

Thursday's session will focus on bicycle facility design with a workshop presented by Michael Ronkin, bicycle and pedestrian coordinator for the Oregon DOT. This workshop will be especially useful to engineers, planners and others interested in the design of bicycle facilities. Workshop attendees are eligible for Professional Development Hours.

On Friday attendees will explore issues important to bicyclists and advocates including bicycle tourism, complete streets, safety, education, trail mapping and bicycle clubs.

The Thursday workshop is limited to 100 people and Friday's session is limited to 150 attendees. Early registration is recommended prior to Jan. 21. Registration for the entire summit is \$100 (\$110 after Jan. 21). To attend just the Thursday session is \$85 (\$95 after Jan. 21) and if you wish to attend only on Friday, the cost is \$25 (\$35 after Jan. 21). Registration includes all conference materials, lunches and break snacks. A block of rooms has been reserved at the hotel for attendees at a rate of \$89.54. Call 515-283-0151 or log on to [www.iowabikes.com](http://www.iowabikes.com) to reserve your room.

To register for the conference on-line, go to [www.iowabikes.com](http://www.iowabikes.com) or [www.iowabicyclecoalition.org](http://www.iowabicyclecoalition.org) or call Kathy Ridnour at 515-239-1713 for registration details.

Bike Night Fundraising Dinner for the Iowa Bicycle Coalition, February 3rd in Des Moines.

The Iowa Bicycle Coalition will hold the 1st Annual Bike Night Celebration fund-raising dinner at the Holiday Inn Downtown at Mercy Campus. The event will run from 6-9 p.m. and will feature Richard Schwinn of Waterford Bicycles and the famous Schwinn Bicycle family. Hosted by Mark Wyatt, president of the Iowa Bicycle Coalition and chaired by Charity McCauley, Iowa Bicycle Coalition member, tickets are \$25 and can be purchased on-line at [www.iowabicyclecoalition.org](http://www.iowabicyclecoalition.org) or by calling 319-626-6017.

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# 2006 DMCC Organizational Meeting

Monday, February 6, 2006  
Franklin Library, 50th & Franklin, Des Moines  
7:00 PM to 8:00 PM

Everyone is welcome to attend.

Please bring ideas for ride groups, social gatherings, informational meetings and any other suggestions you may have. Help us plan a great year of cycling for the Des Moines Cycle Club!

## CLASSIFIED ADS

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 emailing your exact wording to [dmclub@peoplepc.com](mailto:dmclub@peoplepc.com) or [doghousebikes@mchsi.com](mailto:doghousebikes@mchsi.com)

## Please submit new adds for 2006

**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

Inside.....

**RAGBRAI XXXIV**  
Registration Info

*Roller Race Season is On*

**DMCC Organizational Meeting**  
2/6/06  
Franklin Library

*Please remember to  
renew your membership*

January 2006

Printing for Business

# IMPACT!

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

## Doghouse Bikes

Bicycles, Accessories & Repair  
Skateboards & Apparel



Jamis  
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403 E. Euclid Avenue - Indianola, IA 515-961-5859

[www.doghousebikes.com](http://www.doghousebikes.com) [www.sierrabmxexclusive.com](http://www.sierrabmxexclusive.com)