

Welcome to Ragbrai XLV with BIC!

You will be joining about 170 other riders for an exciting biking vacation across Iowa. As a BIC participant, you will have:

- a bus ride to the starting town for you, your beloved bike, and your gear
- baggage hauling throughout the week
- a community tent with coolers stocked with beverages for sale
- one 'meet and greet' mixer/socializer
- optional shower bag filling (\$15/bag/week)
- a bus ride back to Iowa City
- a guaranteed good time, good food, good friends!

In return, remember that you are a BIC representative on the ride – please make us proud!

Schedule

Pre-Ragbrai meeting – Tuesday, July 11, 2017, 6:00-8:00 pm, Coralville Public Library. At this meeting we will review packing tips, demonstrate bike boxing, and answer any and all questions.

Friday, July 21st, ~1:00-6:00 pm – Check in at West High School. You will check in and receive your baggage tags, official Ragbrai wristband and bike band, emergency card, license plate, etc. If you have reserved parking, you will pay and get your parking tag. Bring your labeled, boxed bike and load it on the truck. (See bike boxing instructions at the end of this booklet.) If you need help, come early and bring a box and your bike. You may load baggage if you have it ready, otherwise it can come on the bus in the morning.

If you're interested in sun showers, pay the crew \$15 and throw your bag in the barrel. Label bags clearly with your name. If it's a cheap sun shower bag, reinforcing with duct tape around the handle is helpful.

Saturday, July 22nd, 7:00 a.m.

Plan to start arriving at West High School with baggage in hand. Parking for the week will be available nearby for a weekly fee, usually about \$13. This must be reserved IN ADVANCE. Do not show up with a vehicle on Saturday morning and expect to have a parking spot. Please let me know ahead of time if you need parking. We will provide a shuttle from the parking lot to the bus loading area.

Buses will leave precisely at 8:00. There is usually just one rest stop on the way. Pack a lunch! Note to pre-Ragbrai partiers: The bus company this year will not allow open alcoholic beverages on their buses. Keep in mind that we have many underage riders with us this year, so please use good sense and save the beer for after the bus ride.

DVD players are available on the bus – feel free to bring a movie to share after the showing of the much anticipated Ragbrai safety video! Please choose movies appropriate for teenagers and up.

Please wear your Ragbrai wristbands, and remember that you are a BIC representative. We ONLY want to hear good things about our club during this ride.

Sunday, July 23rd thru Saturday, July 29th – **RIDE!** We will provide campsite locations before the ride, but be sure and follow the directional BIC arrows as you are coming into an overnight town. Occasionally a campsite has to be changed at the last minute and the signs are the best way to be sure. (Don't count on cell phones once you reach the overnight town; coverage is often lost in the crowd of riders in a small town. Text messages are more likely to get through. GPS devices may take you the wrong way – follow the directional arrows.)

Saturday, July 29th:

Return buses will depart the Mississippi River at approximately 12:00, 1:00 and 2:00 p.m. The last bus and the truck with the bikes will arrive back in Iowa City at West High at about 4:00. DO NOT be late to pick up your bike as the crew will be ready to go home too and will not be waiting for latecomers.

Please note that there is not a shuttle over to long term parking when we return to Iowa City. Be prepared to walk to your car after getting off of the bus.

Pre-Ragbrai Planning

Plan to attend the July BIC Ragbrai meeting if possible. We'll discuss packing tips, demonstrate bike boxing, and perhaps see some highlights of last summer.

It IS all about the bike:

Bike boxes can be obtained at any local bike shop. Plan on requesting your box a month or so in advance of Ragbrai. You will need to box your bike and bring it to West High on the

Friday before Ragbrai to load on the truck. (see instructions at end of this brochure.) If you need to ship your bike to Iowa, see details at <http://ragbrai.com/about/bike-shipping> for shipping service. Bikes may be shipped directly to the Ragbrai Expo at the starting town. Bike assembly is also available with that service.

Baggage:

You will be able to take 2 bags. The tags for the bags will be available upon check in the Friday before Ragbrai at West High, please put them on immediately and remove old tags. **LIMIT the WEIGHT of your bags! DISTRIBUTE the weight between the 2 bags!** Remember, the Crew has to unload these bags every day, and it's a backbreaking job. YOU will load the bags every morning, and are expected to be able to load them to the back of the baggage truck, on top of a large pile of baggage. In other words, be prepared to toss your bag 10 feet or so. If the bags get wet during the week, they get even heavier. Please do NOT ask the crew to take special care of your bags – they have their hands full and can't attend to each individual's needs. Find another rider if you need special favors. *****IMPORTANT:** There are many rental trucks on the ride. If you put your bags on the wrong truck in the dim morning light, you may never see them again.***

Packing tips:

- When you're packing, think rain! Pack clothes in ziplock bags or dry sacks, sleeping bags in plastic.

- Waterproof your tent. Assume that everything will get soaked through if not packed in plastic. Do not bring electronics and expect them to stay dry.
- Tie bright hankies or tags on your bags. The bags look more and more alike as the week goes on. Label your bags with your name and “BIC” – in case you put them on the wrong truck in the early morning light!
- Bring a cable and lock for use in the campgrounds. Bikes have disappeared in both daylight and the dark of night. Generally you won’t need to lock your bike while ‘on the road’, but should lock it in the campgrounds. There isn’t always anything secure to lock your bike to – but you can always lock it to someone else’s bike, or take it to bed with you!
- Comfort at night: Noisy? Benadryl and earplugs can be a big help. Cold? Yes, it can be very chilly at night and a warm sleeping bag is necessary. Hot? Yes, that too – a small battery run fan can be a big help. Hard ground? Invariably, so bring a mat or air mattress. Early mornings? Many BIC members are on the road by 6:00, the last baggage truck leaves promptly at 8:00 a.m.
- Laundry? Either bring enough clothes for the whole week, or wash by hand. Laundromats are very limited and overwhelmed by a herd (swarm? peloton?) of sweaty riders. A 2 gallon ziplock bag, a sprinkle of laundry detergent, and a nearby hose will clean up bike clothes in a minute. A few clothespins to attach the laundry to your tent, and you’re set. It may take 2 days to dry clothes though, so bring at least 3 pairs of shorts.
- Shower bag – The best kind have a screw opening rather than a plug-type opening. The crew prefers the

smaller size – 3 gallons rather than 5 gallons. Three gallons is plenty for even the sweatiest rider!

- Food? Don’t even think about bringing any. There’s enough food available on the road and in overnight towns to overfeed everyone! Please support the overnight towns by using the provided services. Ragbrai income may mean a new swimming pool or library for their town!

Packing list:

Items to carry on the bus

bike bag and helmet

lunch

book, magazine, a movie to share

Into your bike bag

ID, health insurance card, credit card, ATM card

MONEY - food is about \$30/day depending on your appetite - much more if alcohol is part of your daily diet. Traveler’s checks are sometimes ok. ATM machines in smaller towns sometimes run out of cash, so plan ahead.

gloves

sunglasses

toilet paper in a zip lock bag + hand cleaner (port-a-potties run out, plan ahead for this too!)

Meds, aspirin, ibuprofen, allergy pills, Band-aids,

ointment
lip balm with sun block rating
sun screen, zinc oxide
tools
Inner tube, patch kit, CO2, tire irons, pressure gauge
Chain lube
Stand up pumps will be available on the BIC truck

Into your duffel bags

Tent, ground cloth
Sleeping bag, air mattress
Underwear and socks
Shorts and one pair of long pants
Biking shorts – at least 3 pairs if you want clean ones!
Jerseys
T shirts and a long sleeve shirt
Jacket – yes, it can be chilly! Or sizzling hot, or both!
Raincoat
Biking shoes and walking shoes
Towels
Clothes line and clothes pins
toilet articles and medications
Soap and shampoo
Tooth paste and tooth brush
Don't forget to floss
Razor and deodorant (long lasting, heavy duty!)
Butt butter, no kidding

Miscellaneous

Battery powered fan
Kleenex packets
Flashlight

Plastic bags - Large and Small
Hat
Cell phone with car charger (our solar powered charger
requires a car charger)

Daily routine during the ride

Leaving camp:

You will load your baggage on the truck before heading out of camp. The baggage truck leaves at 8:00 a.m. Baggage is to be loaded into the truck, as far to the back as possible, on the top of the pile. Please be considerate of others who will load after you – the truck is usually quite full. Take a look around your area before leaving in the morning and *leave it cleaner than you found it! We are guests in these communities.*

Do not open the trucks – if you are leaving early and the truck is not open, leave your baggage on the ground and it will be loaded. The crew sometimes sleeps in the back of the truck, but will have it open in plenty of time. The earliest you should be on the road is 6:00 but the trucks will be open at least an hour earlier. **DON'T** wake up our hard-working crew members!

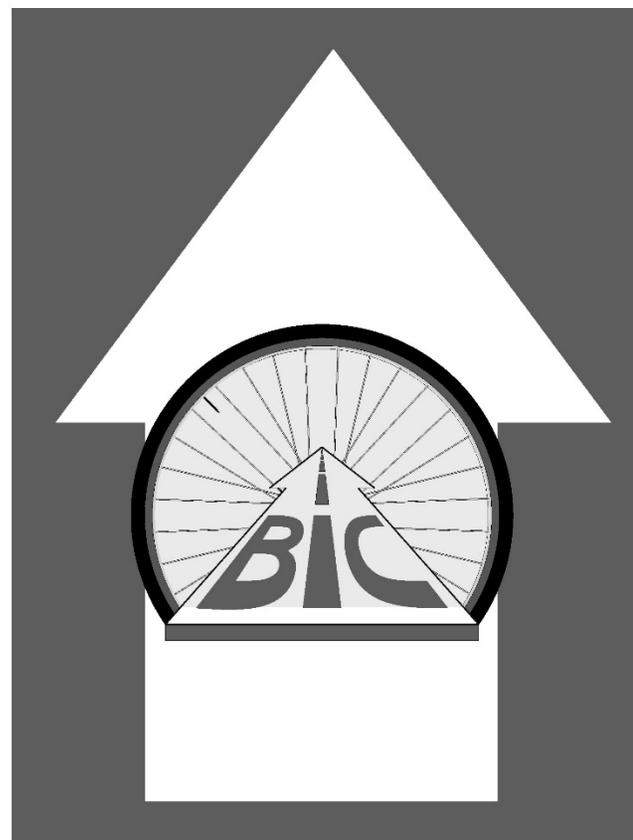
The ride:

You should plan on riding all the miles, every day! BIC does not provide a sag service. The Register does provide a sag service, but the sag wagon can be hard to spot and overcrowded. **TRAIN** for the ride (at least 500 miles) and **RIDE** the ride! (If you do need the SAG wagon, turn your bike upside down on the left side of the road, preferably at the

entrance to a town rather than in the middle of a town. A fire station or first aid stop are also good waiting places.) Plan to complete your ride between 6 a.m. and 6 p.m.. Excessive alcohol consumption or inadequate training for the ride are **NOT** reasons to sag. BIC is provided with only enough vehicle passes for our trucks, and private additional vehicles should not be traveling with us.

Arriving back at camp:

When you reach the destination town each day, watch for the BIC arrows to direct you to our campground. The arrow signs look like this:



Assume that you will stay on the official route unless the BIC arrows direct you off the route. **DO NOT** just enter the campground site into your GPS – the campgrounds sometimes change at the last minute. The route will be well marked. The campsite will also be registered at the information tent, so if

you lose your way, check with the volunteers. Some towns are more organized than others however, so the best bet is to follow the arrows. And watch for the big blue and white striped BIC tent. The tent will be up by noon each day, but if you arrive earlier, either pitch in and help the crew, or take a well-deserved nap. The trucks and crew sometimes have a slow trip to the next town in the morning, plus a lot of work to do, so don't expect everything to be prepared for pre-noon arrival.

NO SMOKING in or near the BIC tent or campground please, we need our lungs!

Campground rules and etiquette:

Your baggage will be near the BIC trucks. The BIC camping area is usually marked off with a rope. You are responsible for setting up and taking down your own tent, picking up after yourself, and generally being considerate neighbors and visitors. If you have paid for a shower bag, the bags and shower stalls are nearby. Please clean the shower stalls after using them, and complete your shower before 8:00 p.m. And I shouldn't need to say this, but **NO PEEING** in the shower! A note about sun showers: Sun showers are available with BIC for your convenience. However, some communities will not allow sun showers. The discharge of grey water (dirty shower water) into the waters of the state is prohibited by state law. Some communities also have local ordinances to this effect. This means that sun showers may not be available each day of the ride. If sun showers are not available, you will be able to use shower facilities in the community. If sun showers are not available, **DO NOT** complain to the crew. If you plan to use a sun shower, be advised that it may not be available each day of the ride.

There are drinks available for a fee under the blue and white tent. A change box is nearby, please be a responsible and honest member! A variety of drinks, including Gatorade, pop, and water are available but no special requests taken.

Remember, the Crew is on vacation too – they work hard from very early in the morning until noon or after, preparing for our arrival, so please respect their time off in the afternoons and early evenings. **PICK UP trash!** There will be containers provided for trash and empty cans, please keep the area neat. Water is available in coolers on one of the trucks. Please use the water for drinking only. Ragbraiers pride themselves on leaving a campground cleaner than they found it.

Beer is also available in the coolers, but the powers-that-be tell us we are not allowed to 'sell' it unless we want to become bootleggers instead of bike riders. Please just put the usual amount in the change box and no one gets hurt!

We will have a solar-powered charger with us for your phones and various devices again this year. You need to bring a **car charger** in order to use this. BIC does not take responsibility for your device, so keep an eye on it. **DO NOT** bring laptops or anything else that you don't want to lose or get damaged. It's impossible to guarantee that everything will remain dry for the week. The crew will not take special requests to watch your valuables.

The crew:

We are super pleased to have John, Ryne, Adam, and Nate returning again this year, joined by newcomers Brock and Jake. Remember to treat the crew better than you treat your own mother. You can complain about the wind, the sun, the heat, the cold, the road, the humidity – but DON'T complain to or about the crew – they are working hard to take care of our belongings and keep camp each day.

If you are not camping for a particular day, come to the campground and load your bags back onto the truck. Please do NOT ask the crew for special favors – they are busy enough with their duties. Ask another rider if you need assistance with your bags, your phone, your belongings!

The blue and white tent, chairs, coolers, etc. are packed up each night between 8:00 and 9:00, depending on the weather. Please assist with taking the tent down, carrying coolers, chairs, taking down the showers, etc.

Safety Tips:

1. Avoid pace lines. They are the number one cause of accidents on Ragbrai – 70% of accidents are pace line-related. Even if you are an experienced rider, other less-experienced riders will join in and casualties result. Be tough, ride your own miles!
2. Do not start or stop ON the roadway. Check for other bikers, call out your intentions, then enter or exit the roadway, just as you would on an interstate ramp (except that no one would hear you yell in your car...)

3. Try to Ride Right and stay on the right side of the road. Sometimes it is too crowded to do this safely, but do your best. Despite the efforts of the hardworking Highway Patrol officers, cars, tractors, or even semis do sometimes share the road. Semi-road-rage is not a pretty thing! Anyone who is even thinks about drafting behind motorized vehicles should stay at home and sell their bike. OBEY the Highway Patrol officers at all times.
4. Cracks in the road, railroad tracks, you know the rules. Especially watch out if you see grass growing in the middle of the road...
5. Stranger danger?? Forget about it and be sure to say hello to all strangers! And thank our Highway Patrol friends.
6. In case of an emergency which requires you to go home early, BIC is not able to transport you. However, Enterprise Car Rental may pick you up. Generally we cannot provide an emergency contact for your family due to lack of cell phone reliability, but they may call the Register if unable to reach you in case of an extreme emergency.

The last day

After you dip your tires in the Mighty Miss, follow the BIC arrows to the trucks. Sign in when you arrive. When we have enough riders for each bus, that bus will be ready to depart. This will be at approximately 12:00, 1:00 and 2:00 pm. After signing in, box your bike and load it on the truck. Find your baggage, stay nearby so you'll be ready when the bus appears,

then promptly load your baggage and yourself...and relax, feeling smug and accomplished – you did it!

Your bike may arrive at West High after you do, since the bikes will arrive with the last bus of the day. DO NOT be late to pick up your bike!

BIKE BOXING 101 – Putting your bike in the box

1. Prepare your box – take the staples out of the bottom and tape the bottom closed again with duct tape. Mark your box in some way so that you can identify it among 150 other bike boxes.
2. Tools you will need: allen wrenches, maybe a pedal wrench, a large ziplock bag, a permanent marker or small piece of masking tape.
3. Shift your front and back derailleurs close into the frame to prevent damage.
4. Mark your seat post with the marker or tape. Remove the seat and seat post by using the allen wrench at the spot where the seat post goes into the frame.
5. Remove your pedals. Use the pedal wrench or allen wrench –
IMPORTANT: ‘righty-tighty lefty-loosey’ rule does NOT work for pedals. Both pedals are removed by turning toward the rear of the bike!! If they are difficult to remove, prop your foot on the pedal to stabilize it as you pull the pedal wrench toward the back of the bike. (Put a little grease on the pedal threads before you put it back on!)
The pedals go in the plastic bag.

6. ‘Dangle’ your handlebars by loosening the screws on the plate or on the front of the handlebars. If there is a front plate, loosely put it back in place after you remove the handlebars. DO NOT touch the screw that is on top of the stem which you can see as you sit on your seat. You may want to mark your handlebars so that they return to the same position when you re-assemble the bike.
7. Removing the front wheel: Loosen the brake. Unscrew the skewer (don’t lose the springs). Remove the skewer and screw it back together (the springs should be small side in, large side out, like ears), then put it in the ziplock bag. Remove the front wheel.
8. You’re ready to put it in the box: Turn the front fork to face backwards, hold the handlebars along the top bar, and put it in the box. You may add padding to protect the paint. If it’s a tight fit, you may need to let the air out of your back tire. Put the front wheel in the box, along the side of the bike that does not have the derailleurs. Put it in carefully so that the pedal crank fits with the spokes. Put the ziplock bag in the box, along with your helmet, shoes, water bottles, bike bag. Tape the box shut and you’re ready to load it on the truck!

TIPS for re-assembling your bike:

1. Work in reverse order.
2. Straighten the front fork so that it faces forward. Put the skewer back in the wheel and put the wheel into the frame. To close the quick release, screw the skewer back in place, and tighten it with the quick release

3. facing backwards. You should make it tight enough to make an imprint on your hand.
4. After you put the front wheel on, be sure and tighten the brakes. Spin the wheel to be sure the brakes don't rub.
5. When putting the handlebars back in place, if there are 2 or 3 screws, tighten one a little, then the other, and then back to the first, etc.
6. There are right and left pedals – there should be a small R or L on the pedal.
7. Pump up your tire if you lowered the pressure. Take it for a test ride to be sure everything is back in place. Flatten your box – if you used padding, tape the padding inside the flat box. Put the box on the truck.

Enjoy riding with BIC! Have a great Ragbrai!