



[Lake Country Cyclists Member Group | Facebook](#)

[Lake Country Cyclists Website](#)

February 2025

From Jim Rasmussen, LCC Club President

As spring inches closer, I hope you had a chance to attend the Bike Expo on January 25th at the newly-renamed EMC Expo Center in Des Moines. Visiting the booths from bike retailers, RAGBRAI charters, and local organizations promoting their trails and rides helps get me excited for the approaching biking season. I am not an every-year-RAGBRAI person, but knowing that the 2025 route makes an overnight stop in Forest City – within 15 miles of the farm I grew up on - makes me think about maybe doing a few days of RAGBRAI. I did the 2023 RAGBRAI and it was a hilly and hot week. The 2025 route is definitely shorter and flatter and I am hoping for more normal temperatures.

I hope you can join us for the upcoming LCC Ride Planning Meeting. It is a great opportunity to provide input into how LCC conducts its club rides. From our heavily-attended Wednesday mid-day rides to our smaller evening rides on Monday and Thursday, there's always room to tweak what we're doing so that more members can participate and enjoy the rides. A couple of my objectives for the rides is that we find more members to host the Monday and Thursday night rides, and that we don't have to cancel any of those weeknight rides because of a lack of a ride host. If you've ever thought about being a ride host, please volunteer to host one – it isn't that difficult and you get to pick the route!

Please join us on February 18th at Jethro's in Ankeny!

Jim

February 18th Lake Country Cyclists Ride Planning Meeting

The meeting to plan club rides for 2025 will be on February 18th at 6 pm at Jethro's in the Ankeny district. Typically, the club conducts Monday and Thursday evening rides during the summer months. The Wednesday ride is a daytime ride with a start time adjusted for the temperature and other weather factors. The Wednesday rides often begin in the Ankeny area, but on occasion start at other metro locations. Wednesday out of town rides are also reviewed and approved by the board.

Most club rides can be tried by guests or newcomers without being members (two ride limit as guests). The exception is the board approved out of town rides – club membership is required to attend those rides. Club members who wish to use the LCC Facebook site to invite others to a planned ride with them may do so, but need to comment the ride is not an official LCC club ride.

If you would like to hear and participate in the discussion on the 2025 club rides please plan to attend the February 18th meeting. Snacks will be provided by the club; drinks are on your own.

Mark Van Wyk, LCC Ride Chair

Online Membership Sign-up & Dues Renewal Available Now

Renew your individual, family, and/or business memberships online now. The link to the renewal page on the LCC website is below.

[LCC Membership](#)

Complete the 2025 LCC Membership Survey [Link](#)

From Kelly Wolf, Special Event Chair

A social gathering is planned for Sunday, March 23rd at Backpocket Pin and Pixel (6205 Merle Hay Rd., Johnston) at 2 pm. If you have never been there, it is a fun place with duckpin bowling, pinball, video games, and more! This is open for all to come, so invite your friends that may be interested in joining and they can have a chance to meet some of our awesome club members.

Kathy Lummus is planning another lunch outing for club members. This is taking place on Wednesday, February 26th at Mainstreet Cafe (2510 SW White Birch Dr., Ankeny). Let us meet at 1pm so we can avoid some of the lunch crowd and enjoy our time together.

Things to look forward to in April: Annual Membership Spring Meeting and a group trail clean up. More details will be coming in March.

Kelly

385 Trees along the High Trestle Trail

The [Iowa Woodland Owner's Association](#) has donated \$2,655 to plant **385 trees** for a memorial planting for Dave Bartemes, along a section of the High Trestle Trail to bring back native tree species and to create shade and beauty along the trail for years to come.

High Trestle Trail tree planting will take place the week of April 14th. Registration will be managed by Polk County Conversation, and volunteer registration will be coming soon. Check for Polk County Conservation volunteer sign ups at this link: [Project Catalog](#).

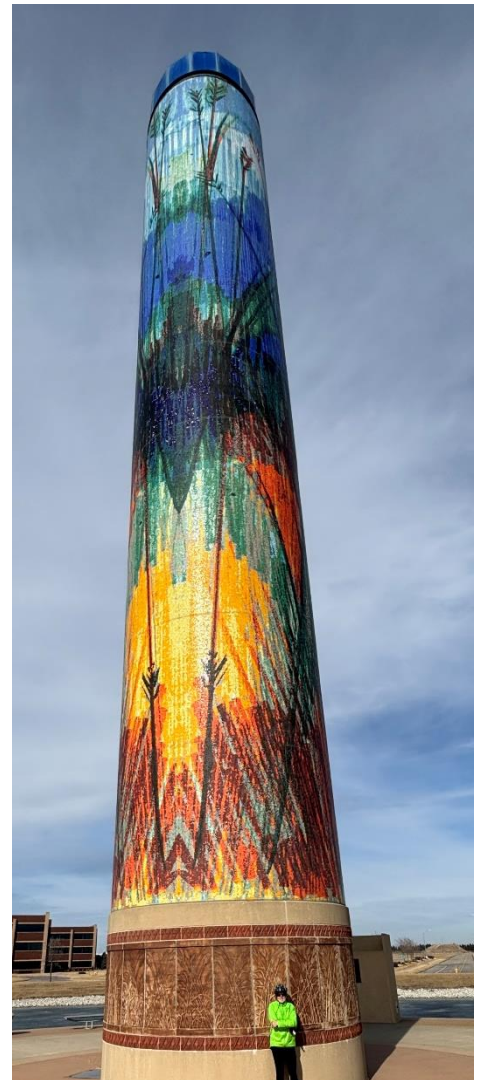


A note from Dave Beecher on the newsletter: I welcome input and photos, from LCC rides, your out-of-town trips, and photos you wish to share.
Thanks! communications@lakecountrycyclists.com

A Few Photos from Current and Recent Riding Seasons



From the bike trail at Terra Park, Johnston, just before sunrise.



Paragon Prairie Tower
on Meridith Avenue on 2/2/25.



From a member spending winter in Southern California for biking and ocean Swimming (at 57 degrees)



This, and following photos are from a gravel ride on 2/11/25 in Arizonia





Special Thanks to our Business Members



[Rynovelo Bike Shop](#)



[Rock Valley Physical Therapy](#)



[Locations - Iowa - Athletico](#)



[Uptown Dairy](#)



[Kyle's Bikes | Ankeny, IA | Bicycle Shop](#)



[Flight Bar and Grill](#)

LCC Provides Support to the following:



[BIKEIOWA](#)



[Iowa Bicycle Coalition](#)



[Street Collectives](#)



[Dream Team](#)

2025 Board Members

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