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March 2025

From Jim Rasmussen, LCC Club President

A few days of wonderful weather will quickly put you in the mood for riding! This morning - Wednesday the 12th - I joined 14 others in a ride from the Yellow House on Irvinedale to the Nite Hawk in Slater via the High Trestle Trail, hosted by Kathy Lummus. It was a beautiful day for a ride, with modest winds and a comfortable pace. We had to detour around some controlled burning in a ditch near the Oasis on the way to Slater, but the burning was over when we rode back to Ankeny. We have some great events coming up for LCC. On the afternoon of Sunday, March 23rd we have a social event scheduled at Backpocket Pin and Pixel in Johnston – look for the Facebook post and the article in this month's newsletter for further details. This is a good time to meet your fellow bikers, play some games. I dropped a lot of quarters in the 80s playing Ms. Pac Man, but I don't see that listed on the retro games list – I'll have to find other ways to embarrass myself! It will be a fun time, and you'll also be able to try on jerseys if you'd like to order one of our new jerseys. Then on Tuesday, April 29th we will have the LCC Spring Meeting at Ankeny Presbyterian Church. Look for further details on that event, including business meeting agenda items and the interesting speaker we've lined up. Although there is no cost to attend the Spring Meeting, you will need to have your LCC membership renewed to attend. Most of our members from last year have already renewed, but there's still time to renew if you haven't done so yet. I hope to see you at our Spring Meeting on April 29th! Make time to get out and ride – this is a great time to shake off the cobwebs, start building your endurance and enjoy the great outdoors! See you on the trails soon!!



Jim

New Jerseys and Tech Tees Coming Soon!

The Lake Country Cyclists online store with RideBiker Alliance will be reopening with a new jersey design and tech tees. The new jersey design will be available in two color variations, a bright higher visibility option and a coordinating more subdued option. In addition to the jerseys, there will be tech tees in coordinating colors.

The new jerseys will be offered in 7 different styles:

- Men's short sleeve- 2 different styles
- Women's short sleeve- 2 different styles
- Unisex short sleeve "party fit" jersey
- Women's sleeveless
- Women's racerback tank top

The tech tees will be offered in both short sleeve and long sleeve.

The online store allows members to order apparel at their convenience throughout the year, at no cost to the club—and no group order minimums to meet. Each item is printed when you order and shipped directly to you. Items ship approximately 6 weeks after order processing, and shipping is a flat \$10 per order. [Final shipping amount TBD]

The design and online store are being finalized by RideBiker. A link to the store will be shared as soon as they are ready to start taking orders! Watch the LCC member Facebook group and future newsletters.

Here is a sneak peek of the new jersey design!

Angie



March Social and Jerseys Try on for Size



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.

Angie has been working on a project for new jerseys club members can purchase. The vendor cannot have a printed jersey in time for the March social event, but will bring samples (with other designs) for riders to try on for size.

Business Sponsor Window Clings

Thanks to Kelly Wolfe, Del Konopka and Jeff Murphy for checking with business about having a LCC business membership.

When you patronize any of the club's sponsors, thank them for their support, and encourage them to participate in club events - rides, lunches, socials, and meetings. If near the business location on a ride, stop in front of the business for a group photo. And then post the photo to give the sponsor a little advertising.



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](http://www.lakecountrycyclists.com)

Coming Up Soon

Spring Meeting, April 29 Ankeny Presbyterian Church

317 SE Trilein Drive, Ankeny IA

The meeting will start at 6:30. Zach Tecklenburg will be the speaker, followed by the business meeting. Zach is the creator of DSM Bike Notes.

Spring Trail Cleanup Dates - April 13th, rain date April 27th meeting location TBD. Monthly cleanup of trail sections signup [Trail Clean Up Signup](#)



Help Plant 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 this link: [High Trestle Trail Tree Planting - Polk County Iowa](#)

Upcoming Rides

Weather, Route, and Host Dependent

3/12	Weekly Wednesday rides
5/3	DSM Mayor's ride
5/3	Pedal with the police
5/4	Ride to IA Cubs game
5/10	New/prospective members ride (novice ride around Ankeny)
5/17	Saturday ride
5/24	BRAG ride (Bike ride around Greene Co)
5/29	Weekly Thu rides thru Aug 28 (start time 6pm)

See the LCC Website for the full list

2/18 Ride Planning Meeting Results

Thanks input provided by attendees at the ride planning meeting. I have made changes to the 2025 Ride Plan based input at the meeting. Here are the highlights:

- There is a new column labeled 'Likely host'. If a ride is not in signupgenius, then I added the person who will likely host the given ride. The names could change along the way.
- Some additional rides will now be in signupgenius.
- Added a new row for IA Cubs ride(s).
- 2 rides were added to cater to new/prospective members/young families, etc. These will be labeled as 'novice' accordingly.
- The Saturday ride on June 21 will be a solstice ride on the high bridge.
- Moved the tandem ride to Sep 20.
- Updated/changed the dates for a couple of rides.



Thanks to members who routinely host rides during the year. Hosting a ride is not difficult and you do not need to be the most experienced or a fast rider. Host duties include posting on the Facebook LCC page a few days before the ride the following: Date, time, tentative route, where to meet, any planned stops (like for ice cream). When riders are gathered for the ride, have the sign in sheet filled out, check for new riders (need a waiver), and explain basic safety rules for a safe ride. As ride host you do not need to ride out front – ask another rider who knows the route. As host you can act as sweep rider or ask another rider to assume that important duty. As a club, we should minimize times when rides are canceled due to lack of a host. Please reach out to me if you have questions.

Mark

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 the 1st of the Season Wednesday Ride
(Thanks Kathy!)**



Special thanks to our Business Members



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[Locations - Iowa - Athletico](#)



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LCC Provides Support to the following:



[BIKEIOWA](#)



[Iowa Bicycle Coalition](#)



[Street Collectives](#)



[Dream Team](#)

2025 Board Members

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