



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

[Lake Country Cyclists Website](#)

## August 2025

### From Jim Rasmussen, LCC Club President

We are into August and the main LCC ride season is in its final month – hard to believe the time has gone so fast! We’ve had a lot of excellent rides on Monday and Thursday nights, as well as Wednesday mornings. Thank you to all who have hosted weeknight rides for the club so far this year.



And a special “sexy pizza” thank you to Kathy Lummus for organizing the Wednesday rides which have been so well attended. You’ve all built up your strength and endurance with the miles you have logged so far this year, so be sure to take advantage of the remaining LCC rides to keep in shape and have a great time with your LCC friends.



I want to encourage you to also consider volunteering to do trail clean up on the portions where LCC is sponsor. I saw Mike Woehl and Dave Beecher this morning coming back into Ankeny after cleaning up the trail between Magazine and Oralabor. This newsletter includes a link to the sign up for trail clean-up.

Congratulations to all the LCC members who rode in RAGBRAI LII a couple of weeks ago. It was warm but it seems that the bigger issue in the first half of the week was headwinds, particularly on the ride from Forest City to Iowa Falls. We are fortunate to have such a great biking event take place in our home state. I had thought about doing the ride, but ending up backing out, but had a bit of regret thinking about all those small towns I could have gone through.

Watch the LCC Member page on Facebook for updates on upcoming rides and other events. I look forward to seeing you on the trails soon!

*Jim*

## **Who to Call if You See Something on the Trail**

### **By Del Konopka**

Riders have asked who we should contact if we see a hazard or garbage dumped on the trail. To report holes, severe cracks, or root-bumps, we've listed who to alert. (Please take careful note of the location of the problem before you call, as that will be helpful to the trail maintenance crew).

For the High Trestle Trail, one of these County Conservation Offices will be able to help:

- Polk (515-323-5300)
- Story (515-232-2516)
- Boone (515-353-4237)
- Dallas (515-465-3577)

Within Ankeny city limits, call the Parks & Rec. Department at (515) 963-3570  
For the Chichaqua Valley Trail, call one of these County Conservation Offices:

- Polk (515-323-5300)
- Jasper (641-792-9780)

For the Heart of Iowa Trail, check with one of the County Conservation Offices:

- Story (515-232-2516)
- Marshall (641-752-5490)

For the Gay Lea Wilson Trail, call the Parks and Recreation Department of the town in which you discovered an issue. If it is out of the city limits, call Polk County Conservation (515-323-5300).

The Neal Smith Trail north of the metro is managed by the U.S. Army Corps of Engineers. Their local number is 515-276-4656. The segments in Des Moines are under the care of the DSM Parks and Recreation Department.

Those who maintain the trails usually are not cyclists, and they may not recognize the significance of what we know are hazards to bikers. These phone calls take mere minutes, but make a difference in our safety when repairs can be made. Until we politely say something, to the right office, they do not know why it needs to be addressed. Besides, it is more empowering than complaining. We encourage you to advocate for safe and fun cycling.



If you see something, please say something. Have fun out there!



## **Monthly Trail Clean Up**

The club has taken responsibility for the monthly clean-up of two segments of trails in Ankeny. The first spring clean-up has taken place and typically the following monthly clean-up is not as big a project. Please sign up for a month to help the club meet this commitment.

**Monthly cleanup of trail sections signup** [Trail Clean Up Signup](#)

**Thanks to Mike Woehl and Dave Beecher for working on trail clean up in August.**

**Total Miles Ridden on Official LCC Rides in 2025** (as of 7/24/2025)

**11,141 miles** (almost 4 trips across the USA)

**Ride Hosts in July: Nancy Carlson, Kathy Lummus, Mark Van Wyk, Angie Rae Duncan, Jim Rasmussen, Dave Beecher, Deb Olinger, Mike Woehl & Tara Thomas**

**Ride Hosts in August: Kathy Lummus, Mark Van Wyk, Angie Rae Duncan, Jim Rasmussen, Dave Beecher, Mike Woehl & Greg Bolton (so far – 8/21 host slot is open)**

**Thank You for Hosting!**

## **Upcoming LCC Rides**

Weather, Route, and Host Dependent

- Wednesday rides, check Facebook for start time & location
- Monday rides thru Aug 25 (5:45 pm) check Facebook for route & location
- Thursday rides thru Aug 21 (5:45 pm) check Facebook for route & location
- Saturday August 16, Just a fun ride on a Saturday!
- Sunday August 17, Ride to Iowa Cubs Game. (Not an official LCC ride).
- Thursday August 28, Tailgate Ride to the Oasis. Wear favorite college team attire
- Sunday September 7, Century Ride (Not an official LCC ride).
- Sunday September 14, Century Ride (Not an official LCC ride).

- Saturday September 20, Tandem Ride (singles may also participate). Not an official LCC ride).
- Sunday September 21, Century Ride (Not an official LCC ride).
- Sunday September 28, Century Ride (Not an official LCC ride).

**See the LCC Website for the full list** [Lake Country Cyclists Website](#)

**Sign Up to be a Ride Host Here:** [Lake Country Cyclists: LCC 2025 Ride Host Sign-Up](#)  
*Ride Hosts are still needed for several rides in August.*

**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](mailto:communications@lakecountrycyclists.com)

## **LCC Club Jersey Ordering**

Although the free shipping option has passed, the site for ordering LCC themed jerseys will be open all year. The new 2025 design is pictured below, along with a link to the store. There are other designs and styles available.

[Home](#) | [Ridebiker Alliance](#) | [A National Alliance for Bike Riders](#)



**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\*\*](#)

Special thanks to our Business Members



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[Taproom | Firetrucker Brewery](#)



[Uptown Dairy](#)



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

## LCC Provides Support to the following:



[BIKEIOWA](#)



[Street Collectives](#)



[Iowa Bicycle Coalition](#)



[Dream Team](#)

## 2025 Board Members

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