



TRI-STATE TRAIL VISION VOICE

Active Bike to Work Week

Bike to Work Week 2019 was held from May 13-19. Dubuque area bicycling groups, such as Tri-State Trail Vision, the Bike Coop, and TMBR, actively promote BTWW. Several activities filled out the week. Free Flight and Bicycle World supplied raffle prizes for BTWW registrants. Mayor Roy Buol proclaimed May 13-19 as Bike to Work Week. City buses gave bikers free busing during the week and sported banners to develop awareness. Bike rodeos were held the prior week to teach bike safety and get word out to student riders.

Avid Dubuque cyclist Jim Saul created a Bike to Work Week page this year. He encouraged riders and provided timely advice before, during, and after the week via postings. Riders who signed up via the Facebook page could pick up a BTWW 2019 decal from the Bike Coop. Winners of the raffle prizes from Free Flight Bikes and Bicycle World included:

- Bicycle World Water Bottle - Nick Harrold
- Free Flight Water Bottle - Kristen Winkler
- Kryptonite Cable Bike Lock - Amy Emglisch
- Park Tool AWS-10 Multi Tool - Christopher Wilson
- Incredibell Original - Denny Thibadeau
- Nashbar Seatpost Light - Darrell Clark
- Finish Line Dry Chain Lube - Jordan Giesemann
- Nashbar Ding Dong Bell - Libby Root
- \$50 Free Flight Gift Certificate - Brandon Harms

Nearly 1460 miles were recorded by the 41 participants, thus saving the environment and providing good exercise. The weather generally held out as well. Thanks to all the participants and sponsors during this year's BTWW.

Finley and Bike Coop Rodeos in Dubuque

Rounding up the young riders, Finley Hospital and the Bike Coop organized bike rodeos in May. Not only do these rodeos teach bike safety, they also promote skills, maintenance, and enjoyment for Dubuque elementary and middle school students.

Finley Hospital recently hosted their 22nd Annual Bike Rodeo on May 18 at the Dubuque County Emergency Responder Training Facility on Seippel Road. A rainy morning forced the 81 participants inside this year; however, on sunny years, up to 150 students have attended.

The bikes and helmets undergo an inspection at the first of eight stops at this free event. Students are taught how to properly adjust and wear a helmet. Finley nurse Karen Vaassen, event coordinator since 2013, explains that the students then go through the remaining stations,

(Bike Rodeos cont'd on p. 2)

Summer 2019

| | |
|-----------------------------|----------|
| Bike to Work Week | |
| Follow-up | 1 |
| Chavenelle Update | 4 |
| Farmer's Market | |
| Bicycle Day | 1 |
| Finley and Bike Coop | |
| Rodeos | 1 |
| Hiking Opportunities | 3 |
| Mountain Bike Trail | |
| Conditions | 2 |
| Scenic Church Route | 4 |
| Urban Bicycle Food | |
| Mission Delivery | 3 |

Farmer's Market Bike Day

Plan on attending the Farmer's Market Bike Day on Saturday, July 27th. Renee Tyler, City of Dubuque Director of Transportation Services, and Main Street Dubuque are coordinating efforts to promote cycling in Dubuque. Stay tuned for more information as the day draws near.

Correction: The Bee Branch Communications Specialist Kristin Hall's name was misspelled in the Spring issue of the TSTV Voice newsletter. We regret the error.

Tri-State Trail Vision
Voice Editor: Dianne Koch

(Bike Rodeos cont'd from p. 1)

which includes a chance to build the bike skills of signaling, yielding to traffic, stopping and starting, and practicing figure-8, S-curves, tight turns, and parallel riding between orange cones. Vaassen describes the rodeo as a well-oiled machine due to the leadership of the previous organizers Cindy Temperly and Sherry Frye. Students also toured an ambulance, a fire engine, a police car and visited with the Bike Police. Dupaco's Dollar the Dog also made an appearance. Prizes totaling over \$1000, including a new bike and new helmets, were given away to lucky riders.

The Bike Rodeo also was assisted by volunteers and received financial assistance from the following sponsors: UnityPoint Health – Finley Hospital, Dupaco Community Credit Union, The Bike Shack, The Dubuque Morning Optimists, the Dubuque County Emergency Responder Training Center, the Dubuque Bike Police, the Dubuque Fire Department, Dairy Queen/Kwik Stop, Lions Club, TownSquare Media, Dubuque Surgery, and Happy Joe's Pizza and Ice Cream Parlor.

Meanwhile, the Bike Coop, located at 22nd and Central, also does at area schools and a form of a year-round bike rodeo at the Coop. This year at Audubon and Fulton schools, over 22 participants learned about checking tires, doing simple bike maintenance, and received bike lights donated by the Bike Coop and Tri-State Trail Vision. A Bryant School Rodeo was planned but canceled twice due to rain.

Ron Bensink, a volunteer with the Bike Coop, explains that the Bike Coop has set aside Thursday evenings from 6-8 p.m. as their Neighborhood Night where they assist with free services to area youth. Bensink reports, "We get more of an opportunity to teach kids about bike maintenance and mechanics at the Coop. We get quite an influx of neighborhood kids wanting a variety of things, from air in the tires to complete rebuilt bikes." While this can strain the Coop's volunteer staff and finances, it is a vital part of their community outreach mission. He explains that the Coop's Thursday night team "has spent considerable time helping and instructing kids on bike repair and maintenance. The Bike Coop assists with minor repairs like bike cables and brake pads." For example, the Coop encourages "the kids to do their own work as much as possible, so putting air in tires is obviously a primary lesson for them to learn," states Bensink. The Coop hands out hundreds of blinky lights per year with this form of a year-round bike rodeo, so they are teaching maintenance and safe riding skills. They also work in cooperation with the Dubuque Police. The Bike Coop is open to receiving donations to cover the cost of this on-going service.

Mountain Bike Trail Condition Reports on Facebook

With the advent of new mountain bike trails in the Dubuque areas, numerous opportunities allow for riders to enjoy the trails, scenery, and challenges. However, the chronically wet conditions have caused concern. The Tri-State Mountain Bike Riders (TMBR) has Facebook group pages devoted to listing conditions for their trails. It is advised to check these sites out before venturing out. From the TMBR Facebook page, bikers can join Interstate Power Preserve Trail Conditions Facebook Group or the Cloie Creek Trail Conditions and Rides Facebook Group for updates.



Expanded parking lot at the Interstate Power Preserve on Old Davenport Road

A tool station and a marked trailhead at Interstate Power Preserve

The Urban Bicycling Food Mission Dubuque Pedals Throughout Downtown

Melinda Vize, a Dubuque resident who comes from a family well entrenched in the Dubuque biking scene, is giving back to the community in an unusual way via her bike. She started the Urban Bicycling Food Mission Dubuque project last summer, based off of a similar program in Des Moines. Volunteers arrive at the Dubuque Rescue Mission on Sunday afternoons, prepare to-go meals of burritos or sandwiches, and then deliver them in groups via bikes to homeless individuals and homeless shelters in the community. The volunteers use child trailers or bags to deliver the food—usually burritos or sandwiches, a dessert and water bottle—to the recipients. No food is wasted.

How does she make this work? She gathers donations and writes grants to fund the project. Her work with the Homeless Advisory Coalition in Dubuque gave her tips on where to find the homeless. The Urban Bicycling Food Mission Dubuque Facebook page (UBFMDBQ) has event signup options for both the food prep and food delivery. Volunteers are always needed.

Vize views this project as a way for the biking community to give back to the larger community. Her efforts were reported in the Telegraph Herald and also picked up by U. S. News and World Report <https://www.usnews.com/news/healthiest-communities/articles/2018-10-09/dubuque-cycling-group-takes-free-meals-to-people-in-need>. Congratulations to Melinda Vize and her efforts to make a difference!

Photos from Urban Bicycle Food Mission Dubuque's post in UBFM Food Prep



Want to volunteer?
www.facebook.com/UBFMDBQ

Delivering compassion to those in need

- ~ Burritos
- ~ Sandwiches
- ~ Personal care items

Sundays 3:00pm - 4:30 pm

Food preparation
Dubuque Rescue Mission




Hiking Opportunities Now That the Gnats Are Somewhat Gone:

- | | |
|-----------------------------------------|-------------------------------|
| Mines of Spain | Horseshoe Mound, Galena |
| Swiss Valley | Galena River Trail |
| Port of Dubuque Flood Wall | Casper Bluff |
| Eagle Point Park | Hanover Bluff |
| Pohlmann Prairie (Durango) | Governor Dodge State Park |
| Proving Grounds (West John Deere Road) | Stonefield Village, Cassville |
| Asbury City Trails | Platteville Trails |
| Bellevue State Park & Butterfly Gardens | Whitewater Canyon |



Lattnerville Church Inn, outside of Graf, IA



Interior of St. Clement's Church, Bankston, IA



St. Boniface Church, New Vienna, IA

Other recently redone roads in Dubuque County:

Old Davenport Road, SW of Key West
 Pilot Grove Road, SW of Peosta, S of Epworth
 Massey Road, SE of Dubuque
 Mud Lake Road, NE of Sageville
 Farley-Cascade Road, SW of Farley, N of Cascade
 Key West Drive (with bike lanes!)

Graf to New Vienna – A Scenic Ride with Good Roads and Beautiful Churches

Newly paved county roads are always a cause for excitement for road bikers. My husband Kevin and I recently discovered that the New Vienna Road just west of Holy Cross Road was improved and was cause for a beautiful early evening ride.

In May, we loaded up the bikes and drove to the Graf town park. We took Graf Road south, took a left on Thielen Road, and then a right on Girl Scout Road. As we ascended the steep hill, we admired the Lattnerville Church Inn, now an AirB&B, which has been beautifully remodeled. We continued on Girl Scout Road in a fairly strong wind, heading northwest. After climbing a second hill, we rode the ridge past the Camp Little Cloud and scenic farms. After a quick right on Gun Club Road, we stopped at St. Clement's Church in Bankston and marveled at the inside and outside architecture. The church was built in 1898 with detailed craftsmanship.

We headed west to find the New Vienna Road was freshly paved. How pleasant! We rode all the way to New Vienna. Since churches seemed to be the theme of the day, we walked around the outside of St. Boniface Church in New Vienna. The church was dedicated in 1887 and has a 200-foot tall spire overlooking the countryside. Unfortunately it was closed for the day, so we could not tour the inside. We will catch the inside on our next ride through town.

On our return trip, we flew back to Graf as we had a strong tailwind and smooth roads. Beautiful scenery and countryside churches added to a perfect evening. Life is good!

Chavenelle Trail May Be Started This Fall

Construction on the long-awaited Chavenelle Road Bike Trail may start this fall. It would connect the Northwest Arterial Trail to Sieppel Road. Eventually plans are to connect to the newly constructed Southwest Arterial. City Engineer Jon Dienst reports that the western section between Seippel Road and Radford Road may be started this fall and will lay on the north side of Chavenelle Road. The Radford Road to Northwest Arterial segment will be finished in 2020. A multi-use trail, it will extend over 2 miles and be 10 feet wide. Designated for walkers, joggers, and bikers, this trail will be a welcome addition to Dubuque’s westside.

State and National Bike Trail Organizations



Our mission is to create a nationwide network of trails from former rail lines, connecting corridors to build healthier places for healthier people.

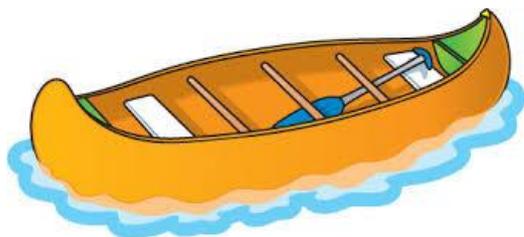


This organization works on public policy, advocacy, public relations, data, community resources, and trails development. They report news on city riding, trails and travel, places for bikes, bikes and business, policy news, and e-bikes as well.



Our Mission: The Iowa Bicycle Coalition promotes safe and enjoyable bicycling in Iowa through education, events, better policy, and growing a community of supporters.

Our Vision: Bicycling in Iowa is safe, enjoyable and accessible for all.



Always practice water safety when in your canoe or kayak!



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