

# HAWKEYE BICYCLE ASSOCIATION

HBA was organized in 1971 as a nonprofit social club to offer an opportunity for bicycle enthusiasts of all ages and experience levels to participate in group rides and social events focused on cycling. HBA promotes bicycling safety and advocates bicycle friendly communities, roads and trails, as well as bicyclists rights. HBA sponsors organized rides for members and guests. Club rides are scheduled on Saturday and Sunday mornings and Wednesday evenings from April through October. Shorter “leisure rides” are scheduled periodically. HBA’s annual “Swine Trek” is open to the public and is supported by HBA volunteers. This ride offers distances from ten (10) miles to seventy five (75) miles.



## Rider Groups Distance and Pace Guidelines

|   | Wednesday                                    | Saturday                                     | Sunday                                       |
|---|--|--|--|
| A: Leisure                                | 15 to 25 miles<br>4 to 10 mph                | 7 to 10 miles<br>4 to 10 mph                 |  |
| B: Moderate                               | <b>15 to 25 miles</b><br><b>10 to 14 mph</b> | <b>15 to 45 miles</b><br><b>11 to 16 mph</b> | 25 to 75 miles<br>14 to 16 mph               |
| C: Advanced                               | <b>25 to 35 miles</b><br><b>14 to 18 mph</b> | 15 to 45 miles<br>14 to 18 mph               | <b>25 to 75 miles</b><br><b>16 to 18 mph</b> |
| D: AKA “Fast Boys”<br>Aggressive/Training | <b>25 to 35 miles</b><br><b>18 to 27 mph</b> |  | 25 to 75 miles<br>18 to 21 mph               |

- **Bold is target group of ride.**
- Wednesday we have 3 or 4 groups but may share routes.
- You are welcome and encouraged to move up or down a level to attend a ride.
- Moving two levels from your ability may prove frustrating to you and others.

## Hawkeye Bicycle Association

P. O. Box 223

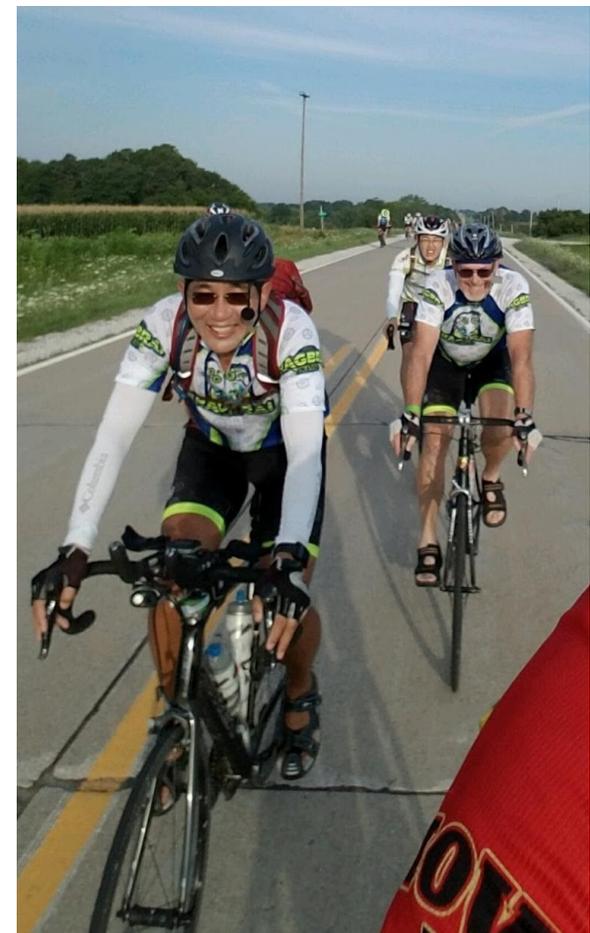
Cedar Rapids, Iowa 52406-0223

[www.hawkeyebike.org](http://www.hawkeyebike.org)

[hawkeyebike@gmail.com](mailto:hawkeyebike@gmail.com)



Promoting Safe  
Cycling In And Around  
Cedar Rapids



# WELCOME TO HBA

Hawkeye Bicycle Association (HBA) has been serving the Cedar Rapids area for quite some time now. In 1971, when the club formed, it began its involvement with RAGBRAI (The Register's Annual Great Bike Ride Across Iowa), and continues to support this fun and beautiful ride across the great state of Iowa. The scheduled rides typically start out early in the season with lower miles per ride and increase as RAGBRAI approaches in late July. This pattern of increasing miles aids in the preparation for RAGBRAI and other cycling events. HBA also supports efforts in the Cedar Rapids area to improve and expand bike trails and to spur the creation of bike lanes and to improve safety for those riding their bicycles around the city.



## SOCIAL ACTIVITIES

HBA social committee organizes spring picnic and fall annual meeting for the club. During the off-season, a monthly get-together is also organized by the social committee on Wednesday night. For the past several years, HBA has participated the Fire and Ice Parade during the holiday season.

## WEDNESDAY RIDES

Are structured rides, and they often start at the trail head in Hiawatha (CVNT - Cedar Valley Nature Trail at Boyson Rd) or Sokol Park in Czech Village, and the distance ridden is decided upon at the meeting time - 5:30 PM. Riders sometimes stop at a restaurant for some social time. Starting location is always posted at the ride calendar.

## SATURDAY RIDES

Are planned rides and will normally start between 8 - 9 AM at one of the trail heads (CVNT or GSP - Greene Square Park in downtown Cedar Rapids). These rides are for someone who is in the early stages of training or out for enjoyment only, and are incrementally longer as the season continues. These rides are "no one left behind" rides. If you start with the group, the ride leader will make sure that you make it all the way.

## FULL MOON RIDES ON SATURDAY EVENING

Full moon ride (FMR) is a monthly HBA organized social ride on a Saturday closest to the night of full moon. It is generally at a speed and distance that will accommodate everyone. It usually starts at 6 PM in the summer and 5 PM in the spring and fall. A dinner is usually a destination or after the ride. Starting location and route will be announced by the ride leader well before the ride.

## SUNDAY RIDES

Are typically for more experienced riders who are willing to challenge themselves. These rides are generally at higher speed and longer distance. Those who ride on Sundays are expected to keep up, but the rides are "no drop" rides and several regrouping stops are scheduled during the ride. They usually start at either CVNT or GSP.

|                                 |                                |                         |
|---------------------------------|--------------------------------|-------------------------|
| _____<br>Last Name              | _____<br>First Name            | _____<br>Middle Initial |
| _____<br>Mailing Address        |                                |                         |
| _____<br>City                   | _____<br>State                 | _____<br>Zip Code       |
| _____<br>Phone Number           |                                |                         |
| _____<br>Email Address          |                                |                         |
| <b>Membership Category</b>      |                                |                         |
| ( ) Individual \$30/year        | _____<br>Name of Family Member |                         |
| ( ) Family \$40/year            | _____<br>Name of Family Member |                         |
| _____<br>Signature of Applicant |                                |                         |
| _____<br>Signature of Parent*   |                                |                         |
| _____<br>Date                   |                                | _____<br>Date           |
| _____<br>Date                   |                                |                         |

(\*Parent or Guardian if applicant is under 18)

**Membership dues and any contributions to HBA are not tax deductible.**

**Please actively support your club by signing up for one or more of the support areas on our website once you are a member.**

**WAIVER:** I do hereby for myself, heirs, executors and administrators waive any and all claims for damages, and cause of action of every nature that I may have or which may hereafter accrue to me against the Hawkeye Bicycle Association and sponsoring agencies during participation in Association events, training or during travel to and from any Association event.