

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 (25) miles to seventy five (75) miles.



Promoting Safe
Cycling In And Around
Cedar Rapids

Rider Groups Distance and Pace Guidelines

	Wednesday	Saturday	Sunday
A: Leisure	15 to 25 miles 4 to 10 mph	7 to 10 miles 4 to 10 mph	
B: Moderate	15 to 25 miles 10 to 14 mph	15 to 45 miles 11 to 16 mph	25 to 75 miles 14 to 16 mph
C: Advanced	25 to 35 miles 14 to 18 mph	15 to 45 miles 14 to 18 mph	25 to 75 miles 16 to 18 mph
D: AKA "Fast Boys" Aggressive/Training	25 to 35 miles 18 to 27 mph		25 to 75 miles 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.

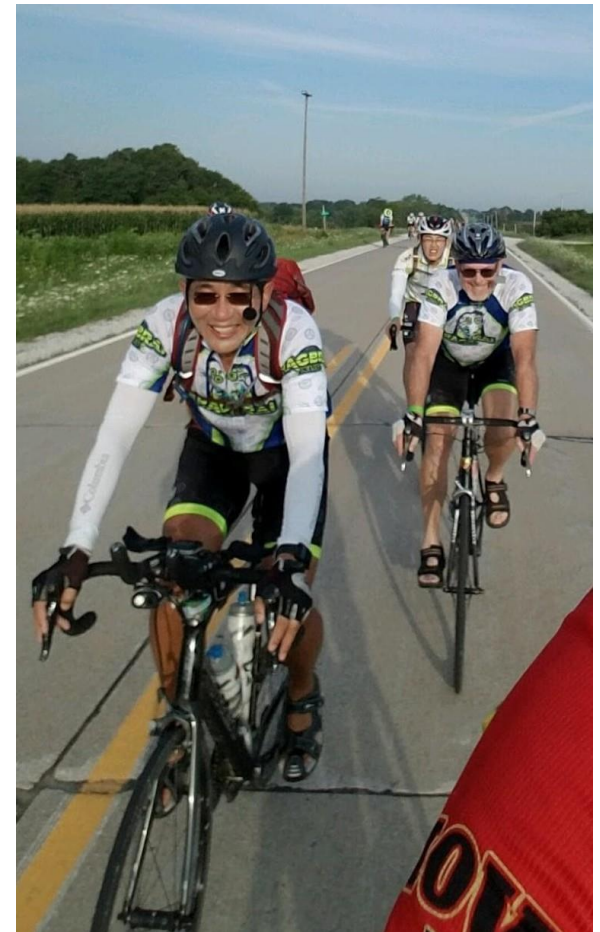
Hawkeye Bicycle Association

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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.

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 (Clock Tower) 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 "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 periodic 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 on the ride calendar.

SUNDAY RIDES

They usually start at either CVNT or GSP.

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.

Signature of Applicant _____ Date _____

Signature of Parent* _____ Date _____

(*Parent or Guardian if applicant is under 18)

Last Name _____ First Name _____ Middle Initial _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Email Address _____

Membership Category _____ Name of Family Member _____

() Individual \$35/year _____

() Family \$50/year _____ Name of Family Member _____