



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

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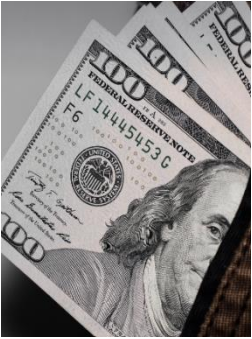
From Jim Rasmussen, LCC Club President

Welcome to 2025! I am Jim Rasmussen, your new LCC President and I am excited for what is in store for the club in 2025! I'm very thankful to our prior President Angie Duncan, who set the bar high in how well she organized and communicated the activities of LCC and its board. I've met many of you in my 15+ years as a member of LCC, but for those who I don't know, I joined the club in 2009 and have served as LCC Treasurer a few times over the years. After retiring from 35 years of working at UnityPoint Health in the spring of 2023, I'm growing accustomed to additional chunks of free time in my schedule and the opportunities to ride my bicycle more.

This is a quiet time of year for outside riding for most of us, but there's plenty on the horizon for LCC members. You'll be able to participate in the annual survey of members later this month, attend the 2025 club rides planning meeting, come to a club social event and attend the Spring Meeting in April. By that time, we'll likely have already had some days where we can get outside and enjoy the tremendous trails we have in Central Iowa. The well-attended retiree rides on Wednesdays will begin when weather conditions allow. When the Monday and Thursday evening club rides begin after Memorial Day, I look forward to seeing many of you on your bikes. Make 2025 a great year of riding and the fitness and fellowship that comes with riding with friends from LCC!

Jim

Change in LCC Membership Fees for 2025



The LCC Board approved its 2025 budget this past fall. Due to increases in web hosting and newsletter server fees, insurance costs, and the desire to continue supporting local biking-related organizations such as Des Moines Street Collective and Bike Iowa, LCC membership fees have been modestly increased for 2025 as follows:

- For single memberships, the former fee of \$21 per year has been increased to \$25, an increase of \$4 per person
- For family memberships, the former fee of \$31 per year has been increased to \$40, which comes out to an increase of \$4.50 per person

It is the board's hope that these increases are understandable and affordable, and that your membership fee remains a good value for your biking in 2025.

Jim

Iowa Bike Expo Coming Up



Later this month the Iowa Bike Expo will provide the opportunity to learn so much more about biking.

The Expo will be on January 25, 2025, at the Iowa [Iowa Bike Expo](#) Events Center in Des Moines. There is no cost to attend this great show. To learn more, click on the Iowa Bike Expo link and visit the Expo's web page.

In recent years, LCC has had a booth at the Bike Expo. However, the cost of having a booth has risen steadily, but the booth has not generated significant numbers of new LCC members. In discussions for the 2025 LCC budget, the Board decided to forego a booth in 2025, and to redirect those funds to other club activities, including social events.

Photo Credit:

Bike Expo Website



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 Recent Riding Seasons



Welcome new LCC Board members!

Joining the Board in 2025 are:

- Tara Thomas is the new Treasurer of LCC, with her term ending December 2025.
- Dave Beecher is the new Communications Chair of LCC, with term also ending December 2026.

Other members of the LCC Board are:

- Jim Rasmussen, President, term ends December 2026
- Del Konopka, Secretary, term ends December 2026
- Mark Van Wyk, Ride Chair, term ends December 2025
- Kelly Wolf, Special Events Chair, term ends December 2025

Special thanks to our Business Members



RYNOVELO
ANKENY, IOWA

[Rynovelo Bike Shop](#)



[Rock Valley Physical Therapy](#)

ATHLETICO
PHYSICAL THERAPY

[Locations - Iowa - Athletico](#)



[Uptown Dairy](#)



[Flight Bar and Grill](#)

LCC Provides Support to the following:



[BIKEIOWA](#)

[Iowa Bicycle Coalition](#)

[Street Collectives](#)

[Dream Team](#)

2025 Board Members

President: Jim Rasmussen

president@lakecountrycyclists.com

Secretary: Del Konopka

secretary@lakecountrycyclists.com

Ride Chair: Mark Van Wyk

ridechair@lakecountrycyclists.com

Special Events Chair: Kelly Wolf

events@lakecountrycyclists.com

Treasurer: Tara Thomas

treasurer@lakecountrycyclists.com

Newsletter: David Beecher

communications@lakecountrycyclists.com

Whatcha Smokin' BBQ & Brew

Kathy Lumus had set up in informal social event at on Wednesday 1/15. 19 total enjoyed lunch at Whatcha Smoking in Luther. What a great winter gathering when most cyclists are not riding out doors.

