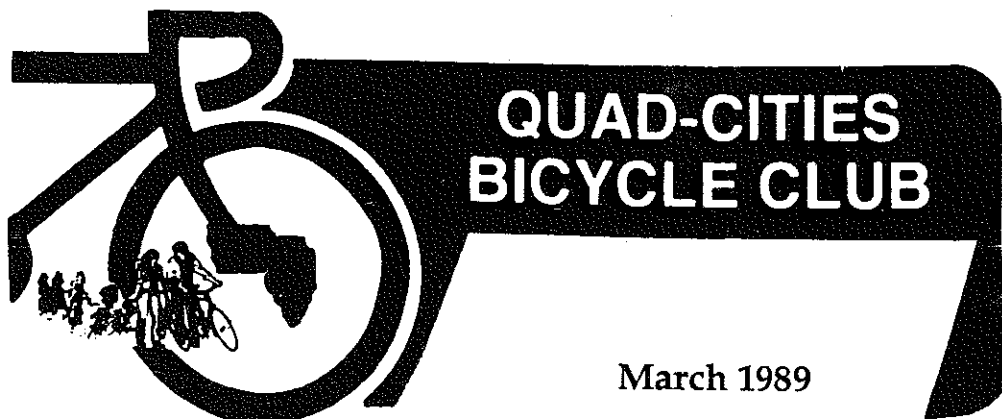


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10 Best Cycling Cities

James C. McCullagh, editor and publisher of *Bicycling* asked readers to give him 10 best cities for cycling in North America, places where cycling is promoted and encouraged. Here they are:

1. **Seattle, Washington**
According to Peter Lagerwey, the city bicycle coordinator, "About half the population of Seattle does some bicycling. And 90 percent of that cycling is on city streets." Furthermore, Seattle spends \$100,000 each year for improvements to make streets better for cyclists. Every new or rehabilitated bridge must have bicycle access. All new developments must have bicycle parking. And 10 percent of the downtown parking space is designated for bicycles.

2. **Missoula, Montana.** Half of this city's 60,000 residents own a bicycle. According to John Williams, Bikecentennial's advocacy director, "Unlike other bike towns, we haven't put a lot of time and money into things like paths and trails." It's the people who make a difference. Williams is proud that it's been 10 years since the last cycling fatality. The school district includes bicycle education as part of the core curriculum at the elementary level. The downtown has a lot of bicycle parking facilities. And the streets are wide and well-kept.

3. **Eugene, Oregon.** It counts 21 miles of paths, 36 miles of bike lanes, and 189 miles of designated bike routes. The city runs a bike-on-buses program, employs a full-time bicycle coordinator and, since 1970, has had an advisory bicycle committee.

4. **Washington, DC.** The nation's capital has the largest bicycle touring club in America, the Potomac Peddlers. The local government has 2 full-time bicycle coordinators and plans to hire a third.

5. **Indianapolis, Indiana.** Home of the Major Taylor Velodrome, this city hosted the 1984 League of American Wheelmen rally, the '85 International Human Powered Vehicle Association Championships, and the '87 Pan American Games. The Mayor's Bicycle Task Force, formed in '74 is responsible for bicycle-safe sewer grates and the Indianapolis User Map.

6. **Ann Arbor, Michigan.** It has had a Bicycle Coordinating committee since 1973, when a bikeway system was built. The city has a full-time bicycle coordinator and a bicycle parking ordinance. The 700-member Ann Arbor Bicycle Touring Society serves a diversity of cyclists and donates funds for the upkeep of city parks.

7. **Bloomington, Indiana.** This is the home of Indiana University's Little 500 race, made famous in Breaking

Away. In Bloomington, cycling receives vigorous support from the press, city council, and motorists. Five state recreation areas are within cycling distance.

8. **Calgary, Alberta.** The site of the '88 Winter Olympics also has excellent bike routes, nice scenery, numerous bike groups, and extensive facilities for cycling commuting. There are more than 120 miles of well-surfaced bike routes.

9. **Redmond, Washington.** This town claims to be the "Bicycle Capital of the Northwest." As proof, residents cite the Marymoor Park Velodrome, extensive bike trails, courteous drivers, and a hospitable climate.

10. **Palo Alto, California.** The home of Stanford University recently passed an ordinance requiring developers to include bicycle parking space in plans for each new apartment unit. The city also requires developers to put showers for cyclists and joggers in new office buildings.

Bicycling sent each of these cities a "Hospitable Cycling" plaque to the mayor's office. If you think one of our great Quad Cities should be on next year's list, write to Mr. McCullagh.

Taken from *Bicycling*, November 1988

From Our President

It's a little difficult to get psyched up to write this article when it is in the single digits outside.

It was great to see all the QCBC volunteers helping make the Cornbelts' Frostbite Footrace a success. I am guessing there was between 600 and 700 runners participate in the warm (mid-thirties) but rainy 7th Annual 8K (just shy of 5 miles) in Scott County Park. As you can assume, if it was raining on the runners, it was raining on our club members as they called out splits (saying the time at the mile markers).

I hope everyone received their 12th Annual TOMRV application and you read it carefully. If you have never done TOMRV, or it has been awhile and you do not think you are or will be in shape to do a challenging 200 mile weekend, this is your year! If you opt for the short route, you will drop off your baggage and pick up your packet in Preston and then pedal the four miles to Miles for a sag stop. Then on to Sabula (Iowa's only island town and one of the prettiest settings you will find), and have the fun of one of the best downhills in the Midwest. Then over the river to Savannah and Mississippi Palisades State Park for your next sag stop. Then on to Hanover for a real celebration before you tackle Black Jack Road and Chestnut Mountain. There are some hills but take time to sit up and look around because there are some panoramic views that can take your breath away. Before you know it you will be in Galena and have time and energy to tour a very interesting town. Then it is on to Dubuque (Iowa's oldest community) and hometown of John Thier. Then clean up, see old and new friends, and get ready to eat the famous Clarke College meal. The biggest plus is sleeping in Sunday morning and be able to take your time to enjoy the great scenery. (There are some spine tingling views about eight miles into the ride - St. Donatus, Bellevue before arriving in Preston to find your gear.) There are several reason I think the short option is a good idea.

1) You participate in one of the best tours in the country without having to do all the miles; 2) some of the neatest people in the club do not do TOMRV because it is too long; 3) many couples have split the weekend with one riding on Saturday and the other riding on Sunday and having to take the car up to Dubuque - but now they can ride together at least half of the ride; 4) you can take time to see and experience the neat towns along the way; 5) you can sleep in on Sunday. This sounds so good that I would do the shorter route except Pegi insists on doing the long route.

I don't know if you can tell this or not, but TOMRV is very special to me, as it hooked me. It was the 1980 TOMRV that found an ill-prepared (unhelmeted, in jogging shorts, wearing tennis shoes, without cycling

gloves, no sun protection, and I didn't even have tires on my bike when I showed up at Scott Community College that Saturday morning) novice cyclist who loved every minute of the weekend. Look what it has done to me!? Honestly, if there is a chance you can do TOMRV, this is the year - it could be that once in a lifetime experience that is an annual event.

I would like to thank Earl and Mary Ellen Strupp for taking over the Fall Foliage Ride. I would also like to thank Paul Scheibelhut for being our LAW and F.A.S.T. liaison.

See you on the road or path.

Bill Langan

Some interesting statistics on TOMRV - (averages)

age of rider - 35
riders from Chicago - 256
riders from Iowa - 456
riders from Illinois - 457
riders from Davenport - 128
riders from Des Moines - 38
riders from Chicago - 38
riders from Moline - 35
riders from Bettendorf - 63

Welcome New Members

Ginni Elliott, Newark, DE
Jim, Soni, Gerlach, Griffin, Chesapeake, MD
Alma Kasulaitis, Falls Church, VA
Bill Colvin, Cookeville, TN
Carl, Sandy Anderson, Toledo, OH
Paul Bockenstedt, Dubuque, IA
Chris Campbell, Bettendorf, IA
Marge Dixon, Bettendorf, IA
Kathleen Gibson, Bettendorf, IA
Jeffrey, Holly McCoy, Bettendorf, IA
Dennis Miller, Bettendorf, IA
Nancy Roush, Bettendorf, IA
Kathy Wilson, Bettendorf, IA
Jack Dean, Clinton, IA
Lance Olson, Clinton, IA
Jean Roeder, Clinton, IA
Dave Arnold, Eldridge, IA
Chris Manning, LeClaire, IA
Paula Recchia, Davenport, IA
Terri Sanderson, Davenport, IA
Mike Middlemiss, Davenport, IA
Ken Moses, Davenport, IA
Jerry, Julie Skalak, Davenport, IA
Al Soukup, Waukesha, WI
Michael Irwin, Morris, IL
Sandra, David, Vancura Bishop, Naperville, IL
Chip Aubrey, E. Moline, IL
Arlyn Vander Eide, Fulton, IL

Gail Davis, Moline, IL
Tom Felts, Cameron, IL
Joanne Whyte, Dallas, TX
Kim Yeakel, Dallas, TX
David Sine, Austin, TX
Monica, Steve Clark, Bettendorf, IA

Patches, Patches, Patches

What do you do with all those pretty patches? Please send Cindy what you have done to make use of your patches 3561 North Willow Court, Bett., IA 52722

Effective Cycling

There is a great effort in the club to help our novice riders. We realize that each one of us who joins the club are greatly intimidated at the thought of a club ride.

Steps are being taken to find ride leaders who will bring up the rear and offer tips to help new riders.

I would like to offer one more suggestion - join Effective Cycling.

We will show you all the little tricks of riding on a country road to riding in a busy intersection. We will make sure that you know how to remove, repair and replace your own tire. We will also show you how to make basic repairs on your own bike.

Effective Cycling is a course which encourages every participant to be a more self sufficient and courteous cyclist.

Charlie Sattler

Cornbelt Running Club - Frostbite Race

We of the QCBC were able to help the CBRC on their Frostbite Race held on January 28, 1989, at Scott County Park. They had more than 250 pre-registrants. Until about thirty minutes before race time the name "Frostbite" was a misnomer. The nice weather brought out many people by the race time. There were more than 500 runners. The weather was too good to be true; however, temperatures dropped to the mid-20s and a freezing rain continued through most of the race. Actually the runners had a better deal than some of us with the QCBC. The runners were creating their share of body heat. Seven QCBC members had volunteered to help with registration, splits and posting finishing times. Those helping were Brad Boeckner, Sharon Brooks, Wayne Boyer, Dave Lefever, John M Dennis Rose and Linda Simander. Our volunteer efforts were very much appreciated by the CBRC.

We in the bike club are always appreciative of the help we get from our members when we need it. If you have an area of interest and would like to help, let one of the board members know, and we'll find a use for your interest and talent.

Thanks to the Frostbite volunteers

Dave Lefever

March Program

Time is rolling rapidly that you have all been waiting for. You will see things that you have never seen before. You will see clothes that glow, cling and sparkle. There will be a representative from a large clothing manufacturer, who won't stumble over his tongue like Joe and I did.

Joe and I promise a very informative meeting, knowing that everyone who attends will leave with a good knowledge of what is available for spring and summer cycling wear.

Charlie Sattler

March Meeting

**March 21, 1989
7:00 p.m.**

**Palmer College Library
11th & Main Street
Davenport, IA**

Congratulations Joe Jamison

With warm weather rapidly approaching, it is time to set your goals for the upcoming season.

There are so many heroes in the cycling community that I would like to share some of them with you. My first encounter was on RAGBRAI. Two people were riding a very old tandem, traveling very slowly. As I approached them, I realized that the stoker (rear rider) was blind. I later found out that the navigator was a paraplegic.

The following year I met a lady who had arthritis in

her legs and knees. She had a hard time walking, but she wanted to ride to prove that she could do it. She made her goal.

This brings me to Joe Jamison. He set his goals for Ultra Marathon points. To earn points you must do 200 plus mile rides with the exception of sanctioned century rides. Each ride equals one point.

Joe participated on a ride through Missouri called BMM. The ride is 541.8 miles and very hilly. Joe finished in 45 hours and 40 minutes.

He also did a double in mid-September to earn more points. Joe ended the year with 2,615 points. Remember most of these are 200 plus mile rides.

Joe finished 35th in the nation and was the top rider in the state of Iowa.

Congratulations Joe!

Charlie Sattler

Father & Son Will Participate in TransAmerica Bicycle Trek

My son (Will) and I are writing as two of only a few (three at last count, January 3, 1989) individuals from Iowa who have committed to participating in the American Lung Association's annual TransAmerica Bicycle Trek. I say "applications" because there is a catch. Before we are permitted to participate in the ride, each one of us must raise at least \$5,000 in donations and pledges to the American Lung Association (ALA).

We believe that the goals of the ALA are worthwhile and are consistent with interests of bicycle riders everywhere. Moreover, since most of the funds we raise will be returned to Iowa, there is direct benefit for all of us.

The Trek is scheduled for June 5 - July 21, beginning in Seattle and ending in Atlantic City. It covers 3,357 miles and involves 400 riders. The ride is evidently handled in a fashion similar to the way BIC handles RAGBRAI. A support group follows along with medical and mechanical aid and transports camping equipment. Numerous communities along the way provide camping space, entertainment, food, and other necessities. The route will take us east from Seattle to Spokane, then on through northern Idaho, across Montana (including Glacier National Park), and through North Dakota to Moorehead, Minnesota. From Moorehead, the ride angles down through Minnesota, Milwaukee, and Chicago into central Indiana. The ride turns

east again, traveling through Indianapolis and Columbus. Finally, the route wanders through West Virginia and Pennsylvania and into Atlantic City.

The trek is the largest special event in the history of the ALA. Organizers expect to raise over \$2,500,000 for the ALA. Most of the money raised by each participant (65 percent) is returned to the home state chapter of the ALA for programs in that state. None of the money raised by participants goes directly to the participants.

The ALA is the oldest and one of the largest voluntary health care agencies in the United States. Founded in 1904, it was originally concerned with tuberculosis and respiratory diseases. Today, tuberculosis is largely under control due to these efforts. Now the organization has expended its goals to support environmental programs concerned with air quality and pollution as well as quality of life programs dealing with occupational health hazards. For example, agricultural hazards, asthma, smoking intervention, and other lung diseases.

Obviously, there is a very natural fit between the goals of the ALA and the interest of a bicycle rider. We are especially concerned about our environment and our ability to enjoy it. Preservation and protection of the environment are concerns I know you share, and efforts to contribute to our own pulmonary health are equally important (especially those efforts that come to mind as we gasp for air while climbing some hill).

I hope you will join us in our efforts to reach our goals. Obviously, we very much want to do this bicycle ride. At the same time, we have embraced the very worthy goals of the ALA. This effort gives us a chance to do something we have always wanted to do, while challenging us to make a worthwhile contribution of time, energy, and money to an important cause.

We can accept checks (payable to the American Lung Association) or pledges. Pledges in the amount of \$15 or more are preferable, since the ALA can bill directly for these (and will do so during the ride). However, any amount is helpful. Please know that we appreciate any amount you send. Our address is 1112 East Court, Iowa City, IA. Please include your name and a complete mailing address. Thanks.

**Sincerely,
Bill & Will Decker
319-338-5233**

**Half Price
QCBC Jerseys & T-shirts
Available at Club meetings**

Short Takes

Thar She Blows!!

January 18, 1989

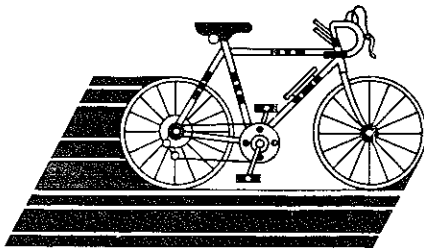
It is early Wednesday morning, and the radio is blaring out the weather forecast . . . warm with brisk winds out of the southwest. I jump on my trusty steed and pedaled to Brady Street McDonald's. The other "over the hill gang" Leon, Fred and Barney were on their second cup of coffee by my time of arrival. I gulped down a roll and a cup of coffee; meanwhile, Carter and Pat Bolton joined us. We solved some of the world's problems before deciding our port-of-call. Fred led us through the back streets of town going through parking lots of grocery stores and banks. I thought to myself, "here we are going by these banks wearing ski masks . . . we might even trip the alarm . . . then what?"

It was good riding until we hit Highway 22 near the cement plant. We had a headwind of over 30 mph making it slow going. We finally reached Clark's Landing in Buffalo to take on nourishment. A fellow at the counter was pouring sugar into his coffee when he spotted attractive Pat. He stared at her and poured at least half a cup of sugar into his cup. Our table discussion was on caffeine in coffee. On the strength of this several, of us ordered decaffe coffee. I was introduced to the tasty apple sticks not really recommended for long distance bike rides. After several incomplete passes at Pat by the sugar drinker, we headed west. We decided this character must be "straight" as he didn't make a move toward any of us good-looking fellers.

We observed white caps on the Mississippi as we headed into the wind which was with us through Blue Grass . . . all the way to Locust Street . . . but when we turned east, it was down hill and down wind. We really made tracks.

As usual, it was a good ride, and I suggest some of you timid riders join us as it is an easy, laid back adventure. Also we have educational table topics.

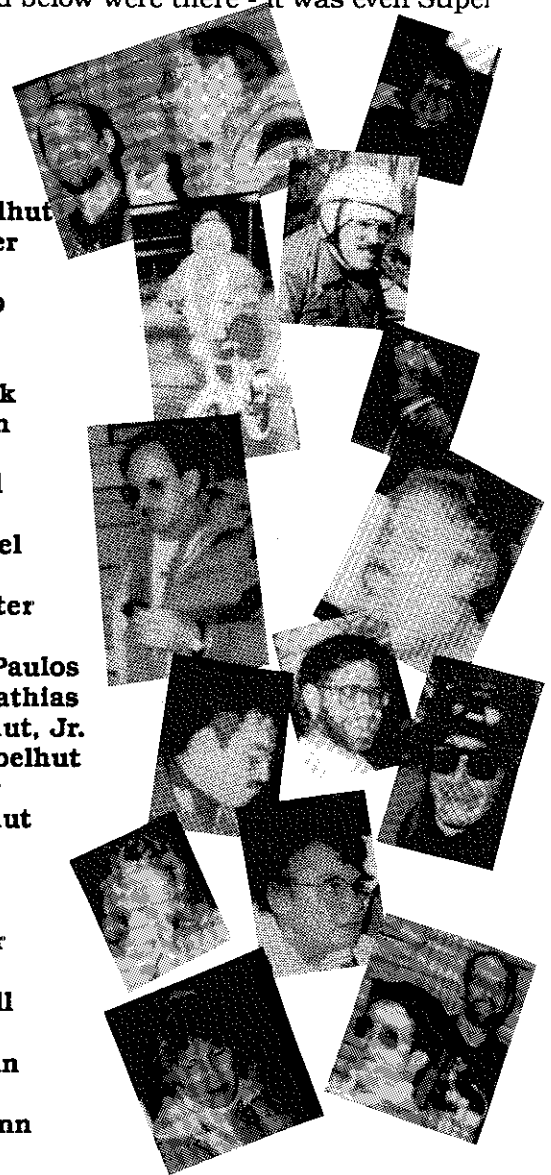
Earl Strupp



Snowtime For a Picnic Sunday, January 22, 1989

There wasn't any snow and the temperature reached 53 degrees! It was a great day for those who biked to Scott County Park as they also had a tailwind. Griff built a fire, and we did some socializing and cooked hotdogs. Then the bikers got back on their bikes to face the headwind all the way home. The rest of us got into our motorized vehicles. In case you are wondering if anyone shows up for these event, all of the people listed below were there - it was even Super Bowl Sunday!

**Larry Hanna
Mark Keele
Fred Blessin
Terri Coll
Cindy Scheibelhut
Linda Simander
Bruce Perry
Leon VanCamp
Barney Young
Donna Green
Mary Ann Clark
Kermit Hanson
Bob Coll
Molly Teigland
Carter LeBeau
Michelle Neitzel
Joe Jamison
Shell Dhuyvetter
Pete Hanna
Maggie & Dic Paulos
Deb & Dean Mathias
Paul Scheibelhut, Jr.
Therese Scheibelhut
Sharon Sattler
Paul Scheibelhut
Griff Tucker
Carl Green
Jack Clark
Charles Sattler
Sandy Hanson
Gayle Campbell
Don Davis
Joanne Sullivan
Jesse Neitzel
Leon Werthmann**



Linda Simander

Eldridge, February 1, 1989

This morning I got to McDonald's before the rest of the "over the hill gang" So I was on my second cup of coffee when they arrived. Our table topics were thin and void of politics because Carter had returned to South Carolina.

We planned our morning bike ride to Eldridge because it was a northwest wind, and it is nicer to have a tailwind on the return trip. The wind was blowing from 15 to 25 mph, and we agreed to turn around if it got too tough. Barney, Leon, Fred and myself headed out. We were joined by Gene Green, a barber from Eldridge. Would you believe he biked in for a dentist appointment? The ride out was uneventful except for bucking the wind. We stopped at Leo and Marie's place for breakfast. It's located in downtown Eldridge, at the end of the Trolley line. As per usual, we loaded up on high calorie food, but it tasted so good. I asked Gene (being a barber) if he had anything good for a balding man. He did - mix one bottle of Moosehead beer with 1/2 pint of Bombay gin and 1/2 pint of Jim Beam. I asked, "When do you put it on your head?" ... The answer, "You don't, you drink it! After drinking that you could care less if you have or have not hair." Just think of what you learn riding a bike. I look forward to these educational and healthy bike rides.

Earl Strupp

Valentine's Patch Ride

We are quickly learning that each ride is a new experience. When the patches arrived in the mail, the temperature was about 15 degrees below zero. By the day of the ride, it had warmed up to about 25 degrees above zero.

The hot chocolate is ready and strapped in the front seat of the car next to my wife, and I'm on my bike ready to go.

As always, we had a good turn out of both new and old members. Strange to see snow on the ground after so much mild weather, but no one seemed to care. Everyone had a good time and enjoyed each others' company.

Linda Simander and Pat Bolton brought the cookies; and, of course, my wife brought brownies

List below are the riders who got their Valentine's Day patch

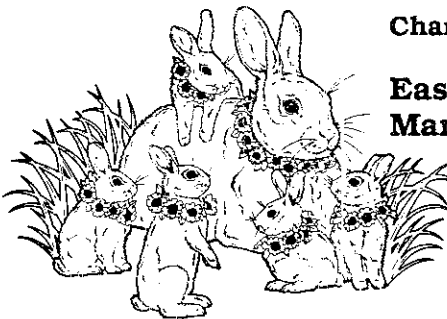
**Pat Bolton
Tom Bolton
Eppie Gutierrez
Linda Simander
Jay Hanna
Larry Hanna**

**Jeff Spiegel
Mary Spiegel
William Chamberlin
Jan Burt
Jerry Sears
Tammy Bolton**

More Valentine's Riders

**Matt Hanna
Pete Hanna
Barney Young
Mary Ellen Strupp
Bill Langan
Pegi Langan
Bryant Langan
Justin Langan
Kevin Langan
Gayle Campbell**

**Dick Paulos
Maggie Paulos
Gary Fear
Leon Van Camp
Dave Parker
Henry Vern
Charlie Sattler**



Charlie Sattler

Easter Patch Ride March 26, 1989

**1:00 p.m.
Duck Creek
Park entrance
to bike path**

St. Patrick's Day Patch March 12, 1989

**1:00 p.m.
Duck Creek Park
entrance to bike path**



Tandem Time

Tandems & Marriage

They say that tandems make or break marriages. Could well be. Our ideas of what is pleasurable when it comes to riding sometimes are very different, to say the least. I put in over 12,000 miles in a year on my various bikes while my wife, Dawn, covers considerably less miles. 1988 was to be the year that we either got our collective act together on the bike or get rid of the bike. The alternative was to get rid of our marriage. And that wasn't really in the plans, either.

We started off with some easy weekend rides, getting ready for the spring century season. In the back of our minds was the idea of touring on the tandem this summer. We've toured the last three years, but never on our tandem. We know a certain level of insanity was required to hit the road on our tandem. We know we were close to that level when we signed up

to ride a century with over 10,000 feet of climbing. While grinding up the last hill, a rider with the host club caught up with us and began talking with us about tandem. She offered that she and her husband owned a tandem. When asked why they weren't doing the ride on their tandem, she responded, "We decided that it was too stupid to do THIS ride on our tandem." We were there. We don't tend to put a great deal of time into planning our trips. Our motto is "don't plan and plan to change your plans." We tend to pick our starting point and go from there until time runs out.

So with no real destination in mind, we started in Cloverdale, CA and headed for the coast. We found the riding easier than anticipated and easily made 75 miles the first day, clearing the coastal range and making it to Mendocino on the coast. Dawn thoroughly enjoyed the day. Benefits of being the stoker. Being the captain, I spend a good portion of the day sweating bullets as logging trucks blew past us. She was ready for dinner. I was ready for a bottle of wine. Heading north the next morning we quickly learned why people head south, down the coast, and not north. The headwinds were brutal. Turning south, we ended up in Monterey a few days later and began contemplating what was next.

I had always wanted to ride the central California coast, so off we went. We made it to Los Angeles in four days without much effort. And just when we were getting impressed with ourselves, we met another couple (on singles) at Pismo Beach. We shared the hider-biker side with them that evening and spent several hours around the campfire talking with them. Towards the end of the evening, we learned that they had carried on their bikes three hours' worth of firewood, having picked it up along the road. There is always someone out there who is a little crazier than thou. We ended up averaging around 75 - 80 miles a day, and we were quite surprised at how easy it was to ride that far fully loaded. However, the one thing that we did learn and repeatedly practice, was a skill that will benefit us for years to come. We found the common denominator of a true bicyclist -- the innate ability to locate a bakery in any town in the country. At this we became quite skilled. Eat to bike and bike to eat, isn't it?

For us it was a trip of firsts. It was the first time we spent all of the time riding together, rather than waiting for each other. It was the first time I didn't climb any passes twice. (It was not uncommon, while on singles, for me to descend a pass I had just climbed, looking for Dawn, when it was taking her longer to climb the grade than I anticipated.) It was the first time we never argued about how far we were going to go on any given day. It was the first time we never had a single problem with the bike, not even a flat tire. And it was the first time we ever enjoyed ourselves that much while touring. The people along

the way, and even the motorists, seemed much more friendly than those we meet on singles. People seemed intrigued by a couple wearing Hawaiian floral jerseys and pink polka-dot tights, riding a tandem.

If you're intimidated by the prospect of touring on a tandem, don't be. Spend some time training (we have a 4,000 foot climb by us that we train on), and just go out and enjoy. To some you'll be a spectacle, to others a marvel, but you will have fun.

Next for us is Hawaii. We understand that there are some rather high volcanoes that need to be climbed, and why not?

**Breent & Dawn Davis
Walnut Creek, CA**

If you are interested in joining the Tandem Club of America, please call Bruce or Becky Perry at 386-2919. Dues are \$10 per year.

RAGBRAI Drivers Needed

The QCBC RAGBRAI Committee is looking for two people to drive the Ryder trucks that carry the baggage on RAGBRAI. This is a paid position. You must be at least 21 years of age, have a valid driver's license and be insured. You must be available from Friday, July 21 through Saturday, July 29. This is a great way to be a part of RAGBRAI. If you are interested, call 319-332-4563 before April 15. If this is a long distance call for you, and we must return your call to answer any questions, we will call you collect.

Classifieds

For Sale:
Raleigh International
10 speed, 21" frame
Ann Lundstrom, 786-7154 - evenings

For Sale:
1987 Schwinn Voyageur
18 speed touring bike
23", red frame with black tape and black dia-compe
age 251 aero levers; Shimano 28-44-50 Biopace rings
with Shimano Deore derailleurs front and back; 14-
30 rear cluster; 3 sets bosses; front/rear rack eyelets
& includes Blackburn rack on rear with flat
Blackburn strap and rackmate; used two seasons;
total approx. 3,000 miles.
\$500 new; asking \$300
Call Mike Eckhardt at 517-546-1543
703 North State Street, Howell, Michigan 48843
He will pay shipping charges.

RAGBRAI XVII

The Register's Annual Great Bicycle Ride Across Iowa for 1989, RAGBRAI XVII, is still several months away, but you must register now if you want to be a part of this great ride. We have a limited number of spaces and they will be given away on a first come, first serve basis. The ride will be July 23 - 29 on a route to be announced in early March. The Des Moines Register's deadline is April 1. In order for us to meet their deadline, **we must have all registration forms by March 15.**

The Quad Cities Bicycle Club will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 22, 1989; baggage transportation between overnight stops; and transportation of your gear from the eastern terminus back to Davenport. **The transportation fee is \$55 for GCBC members or \$65 for non-members.**

The Des Moines Register's "Fee Paid" tag is \$35. Everyone must have a "Fee Paid" tag. The Register's RAGBRAI Souvenir Pack of special editions covering the ride will be available at the end of the ride at an additional cost.

If you have your own transportation to the start of the ride but would like GCBC to carry your baggage between overnight stops, **the cost is \$20 for GCBC members or \$25 for non-members.**

Bus service back to Davenport will be provided if there is enough interest for \$15. Please make a separate check to cover this cost. Your check will be returned if a bus cannot be filled.

You must have a "Fee Paid" tag to use the GCBC charter bus or to have your gear carried on the GCBC truck.

Any rider under the age of 18 must be accompanied by someone over 21, preferably a parent, and must have that person's signature on the registration form.

If you have any questions, you may call 319-359-5277. If this is a long distance call for you and we must call you back to answer questions, we will call you collect.

Please fill out the registration form and sign the release of liability. **We must have your registration and check(s) by March 15.**

RAGBRAI XVII REGISTRATION

Please read the RAGBRAI XVII article and use this form to register for RAGBRAI XVII with the Quad Cities Bicycle Club. Check the services you want in the space provided. Use a separate form for each person. You may xerox this form.

WE MUST HAVE YOUR REGISTRATION AND CHECK (S) BY MARCH 15, 1989.

Make check(s) payable to QCBC, RAGBRAI XVII

Name of rider _____ Phone _____

Mailing Address _____

Age on 7/22/89 _____

Adult sponsor if under 18 _____

QCBC transportation/baggage fee: QCBC member \$55.00 _____

Non-member \$65.00 _____

Baggage service only: QCBC member \$20.00 _____

Non-member \$25.00 _____

Des Moines Register "Fee Paid" tag: \$35.00 _____

Everyone must pay the Des Moines Register fee _____

Total _____

Bus return to Davenport (send separate check) \$15.00 _____

This liability waiver must be signed by every rider. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XVII, or in an of the activities associated with RAGBRAI XVII.

Signature of rider _____ Date _____

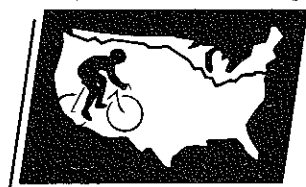
Sponsor's signature, if minor _____

MAIL TO QCBC-RAGBRAI XVII, 1912 E. 32nd Street, Davenport, IA 52807

**LET'S SUPPORT LOCAL
BICYCLISTS IN
TRANSAMERICA TREK**



**TransAmerica
Bicycle-Trek**



**AMERICAN
LUNG
ASSOCIATION**
The Christmas Seal People

“I want one moment in time when I’m more than I thought I could be, when all of my dreams are a heartbeat away and the answers are all up to me.”

Albert Hammond, John Bettis

Jane Garrett and Bonnie Bobet-Beyhl are both Registered Occupational Therapists with Black Hawk Area Special Education District. As health professionals, we have chosen to support the **American Lung Association (ALA)** by participating in the **TransAmerica Bicycle Trek**. This Trek is the largest single fundraising event in the history of the ALA. It will involve over 400 cyclists representing local ALA affiliates across the country. The pledge based bicycle tour is designed to raise over \$2 million which will support the ALA’s mission to prevent and control lung disease.

We will be representing Iowa as we pedal our way across the continent from Seattle to Atlantic City covering 3356 miles and 13 states in 47 days! Our personal commitment is to raise **\$8,000** each. The services and activities of the **American Lung Association of Iowa** include Stop Smoking programs, Non-smoker’s Advocacy, Camp SuperKids for children with asthma and cystic fibrosis, support groups for those with lung disease, medical research, and occupational and environmental health programs. A portion of the money we raise will be returned to our local community in order to continue provision of these necessary services.

We are proud of the commitment we have made, but we need your support to complete our journey. Help us combine our love for biking with a very worthwhile cause. Through your tax deductible contribution you will be giving your support to the **TransAmerica Bicycle Trek** and to the **American Lung Association**. We sincerely appreciate your pledge and feel that each and every one of you will be a part of our ride.

As we and our families gear up for this “special” adventure we hope you will keep us in your thoughts.

Jane and Bonnie

ALA TransAmerica Bike Trek '89

Name of Sponsor _____

Mailing Address _____

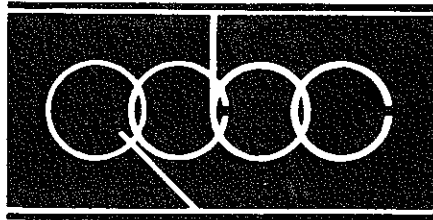
City _____ State _____ Zip _____

Amount Enclosed \$ _____

Amount Pledged \$ _____ (*\$15.00 or over can be billed by the American Lung Association*)

Please Make Checks Payable To The American Lung Association

Complete this form and return to: Jane Garrett/Bonnie Bobet-Beyhl
American Lung Association
P.O. Box 2126
Davenport, IA 52806



QUAD-CITIES BICYCLE CLUB

MEMBERSHIP APPLICATION

PLEASE PRINT

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ DATE _____ ANNUAL DUES: INDIVIDUAL \$8.00 Family \$12.00 NEW MEMBER RENEWAL

FAMILY MEMBERS	AGE	RIDING INTEREST	I WILL HELP WITH	HOW DID YOU LEARN OF QCBC?
		<input type="checkbox"/> COMMUTING	<input type="checkbox"/> NEWSLETTER FOLDING	<input type="checkbox"/> MEMBER (NAME) _____
		<input type="checkbox"/> TOURING	<input type="checkbox"/> TOMRV RIDE <input type="checkbox"/> COMMITTEES	<input type="checkbox"/> WORD OF MOUTH
		<input type="checkbox"/> RACING	<input type="checkbox"/> CRITERIUM <input type="checkbox"/> CENTURY RIDE	<input type="checkbox"/> MEDIA
		<input type="checkbox"/> BI/TRIATHALON	<input type="checkbox"/> PICNIC <input type="checkbox"/> OTHER	<input type="checkbox"/> OTHER
		<input type="checkbox"/> CAMPING	OWN A TANDEM? YES <input type="checkbox"/> NO <input type="checkbox"/>	L.A.W. MEMBER? YES <input type="checkbox"/> NO <input type="checkbox"/>

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity. All cyclists ride at their own risk and anyone under age 16 must be accompanied by responsible adult. Parent or Guardian must sign for applicants under 18. All applications must be signed and in signing the liability release, I agree to the above conditions.

LIABILITY RELEASE — PLEASE SIGN:

INDIVIDUAL MEMBERSHIP: _____ PARENT/GUARDIAN _____

FAMILY MEMBERSHIP: SELF _____ SPOUSE _____

MAKE CHECKS PAYABLE TO: QUAD CITIES BICYCLE CLUB. MAIL TO: P.O. BOX 3575 - DAVENPORT, IA 52808

MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Quad Cities Bicycle Club
P. O. Box 3575
Davenport, Iowa 52808

BULK RATE
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Davenport, Iowa