QUAD-CITIES BICYCLE CLUB

February 1990 Cindy Mohr - Editor



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The View From A Crew

Elaine Mariolle said it best during her first RAAM - she would never have made it out of California without the help of her crew. After watching my husband struggle across America, I completely agree. Without the support of a dedicated crew, most riders cannot realize their full potential, be it the length of RAAM or the intensity of the Moline Criterium.

The most important element in keeping your rider going is food and water. While a rider will most likely pre-select what they will eat, it is up to the crew to see they get enough at the right time. I have seen Steve so intent on catching the rider ahead that he has gone without food for hours. Even though he resents my suggestions, I coax, nag, or trick him into eating.

While a crew may feel they are totally prepared with their box of food and jugs of water, flexibility is essential. I have on several occasions had to locate a cheeseburger and shake in the middle of the night to meet Steve's demands.

A rider should be responsible for their bike and the tools to keep it going. The crew is responsible for the supplies to keep the rider going. Essentials such as chapstick, sunscreen, and aspirin can be carried in a purse or small bag. Other items I have found helpful are Sucrets, Aspergum, and eyedrops. At the Spenco 500, I traded notes with Michael Secrest's crew chief and learned that Aspercrem, as well as the bicarbonate of soda in Alka-Selzer are beneficial in relieving leg cramps. The pain of saddle sores may be eased with Orajel, or teething medicine. On most trips those items are just extra baggage, but a first-aid kit is mandatory. When a racer crashed at the Illinois USCF State Road Race, I was the only crew person in a feed zone of 150 people with a first-aid kit to bandage the young racer.

The most difficult aspect of crewing, whether you are a relative or a friend, is probably dealing with a rider's ever changing emotions. While accommodating the rider's highs and lows, the crew person rides their own roller coaster. I have felt as if a knife was piercing my heart, fearing for Steve's safety while he descended the Appalachians at night. And I have screamed with delight as he sprinted for a criterium victory. To deal with this type of tension and to keep the rider's spirits high, I have learned to rely on a sense of humor. Posters, streamers, and party balloons brightened our spot at Ultra-Week. A Groucho Marks nose, glow-in-the-dark make-up, and party hats shortened the long hours of the night.

I have learned alot through my experiences in the last couple of years. Meeting the nutritional, physical, and emotional needs of your rider is very important. But most important is dedication. Dedication, in this case, means putting your rider's needs above your own. This attitude has provided me with the satisfaction of knowing I have helped Steve reach his full potential, and has earned me the title of "Super Trooper."

Tami Gay

Tami is the wife of Steven Gay, 1987 RAAM participant. The Gays live in Geneseo and are members of the QCBC.

From the President

I hope everyone received their copy of the newsletter in time to avoid going to a club meeting that wasn't. Please forgive us. A few of us were practicing the fine art of "ball dropping." Namely, we forgot to tell Dick Wagner that his main task as vice president is to set up the programs. Sorry about that

But let me tell you something Dick and a small band of hearty cohorts did do - CLUB SHIRTS. We will have, at the next club meeting, some of the best looking club riding shirts to come by in a long time. These have an exiting new club logo, with just enough flash to be seen a mile off. These are really great looking shirts.

The Russians are coming June 13, 1990. See Jim Olson's article in this issue.

We still need people to head the 1990 Spring Picnic and the 1991 Snowtime Picnic. Give me a call at 324-5184 if you can help.

Along those same lines, I just found out we need someone to act as a liaison with the Illinois Super Trail. Again, let me know if you can help out.

Be sure to read any articles from the TOMRV or RAGBRAI committees. These will contain some very important information.

Before this ends up like last month's column, I better get out of here. Take care on the roads and have a good time.

Griff

Milan Fritz, long-time QCBC member has passed away. Cali Bill Langan for more information. The QCBC extends its sympathy to the family.

New Members Welcome!

Lorraine Stewart Worcester, MA

Mary Jane & Bob Shields Marcellus, NY

Susan & John F. Kamp Arlington, VA

Christopher Stearns Rochester, MI

Thiara Smith Bettendorf, IA

Roger Burgess Camanche, IA

From Davenport, IA:
Dean Figg
Jeff Bradley
Chriss & Sandy Karcher
Gary & Paulette Patch
Greg & Kelly Whitesides
Thomas H. & Lisa Soapes
Thomas & Mary McBrice

From Rock Island, IL: Susan C. Blase Italo J. & Jo Ann Milani

Michael & Joann Foss, Sr. Colona, IL

Tom Fitch, Milan, IL

From Moline:
James W. Earl
Rob & Kelly Gillman
Errol McCollum
John R. McFadin
Rick & Pam, Schulz
Stephen Verstraete

Walter E. & Karen Dixon Reynolds, IL

Drew Davis Charleston, IL

Tim Reidy Peterson AFB, CO

For Sale:

CNC Bicycle
60 cm seat tube
55 cm top tube
All 531db, 700C or
650B wheels
Wide choice of gearing
and handlebar stem
length
\$100 - full specifications
available on request.

Surplus Bicycle Parts - Sun Tour freewheels and cogs, TA chainwheels, handlebar stems, many other parts. Complete list available on request.

Call Fred Blessin

@ 319-391-0780

Christmas Patch Ride

When my wife decided to be chairperson of the patch rides, I knew that sometime she would have another commitment, and I would have the opportunity to be in charge of a patch ride.

Well, this is my first, but before I go into detail, let me tell you that it was very cold (around 20 degrees), windy, and the bike trail had icy patches, during the Christmas patch ride.

I arrived at the starting point at about 12:30 p m. The ride was scheduled to start at 1:00 p m. People started to arrive shortly after my arrival; and before it was over, about 30 people showed up.

Pat Bolton and the Clarks brought homemade treats. My wife made brownies, and I brought hot chocolate.

The best part is the fact that your bike club gave everyone a

New logo designed by Summit Graphics in Moline

Christmas patch purchased from the L.A.W., which works to guarantee our right to be on the road.

A patch ride is a family ride.
There are no mileage
requirements. Most people who
bring their bikes ride straight to
McDonald's for more conversation
with friends.

Those who showed up for the Christmas ride were -

Gayle Campbell Warren Power Dick Paulos **Margaret Paulos** Mary Spiegel Jeff Spiegel Adam Spiegel Ron Schmidt Eppie Gutierrez Molly Teigland Bill Chamberlin Mary Ann Clark Jack Clark Donna Green Carl Green Tom Bolton Pat Bolton Dave Lefever Dave Parker Lori Parker Dylan Parker Joanne Sullivan Bill Langan Justin Langan Pegi Langan Kevin Langan Bryant Langan Charlie Sattler

New Years Patch Ride

The day was very cold, but that didn't stop about 30 diehard bikers from gathering at Duck Creek Park for the first patch ride of 1990

The riders were welcomed with steaming hot cocoa and lots of homemade treats contributed by Linda Simander, Pat Bolton, Joe Jamison and me After filling up, the hardier riders proceeded to

McDonald's on the bike path, while I took my frozen body home to thaw out.

Hopefully our next patch ride -Valentines, February 11 - will be warmer and bring more bikers out. See you there!

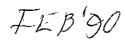
Those braving the cold on New Years Day were:

Jeff Spiegel Mary Spiegel Adam Spiegel Joe Jamison Charlie Sattler Bill Osborne Jan Burt Jerry Sears Judy Karr Bill Chamberlin Leon VanCamp Jack Clark Carl Green Chuck Oestreich Diane Oestreich Gary Patch Eppie Guthierrez Jeanne O'Melia Don Barchman Linda Simander Mike Waskowiak Dick Paulos Maggie Paulos Joanne Sullivan Ron Schmidt Dave Lefever Dave Parker Dylan Parker David Moeller Pat Bolton Tom Bolton

1989 Patch Rides

Well, I've been organizing these rides for a year now, and I'm very pleased to report that a lot of new members as well as old members show up for the rides.

The weather has not always been ideal, but the bikers still show up to get their patch and eat homemade treats. I haven't always been able to get an article in the newsletter listing all the



riders, but hopefully in 1990 I'll do better.

I want to extend an extra special thanks to everyone who has helped me this past year and especially to all those who have helped by bringing homemade goodies for everyone to enjoy. My thanks to Jack and Mary Ann Clark, Linda Simander, Pat Bolton, Judy Karr, Pegi Langan, Joe Jamison, and Charlie.

See you all in 1990.

Sharon Sattler

Soviet & American Bicycle Ride - Be One of the 150 Bikers

You are invited to enjoy an experience of a lifetime and bike with 25 Soviets and 150 Americans this summer. The ride will be June 16 - 25, 1990, starting from Eldridge, Iowa and traveling north to Winona, Minnesota. You can either make arrangements to stay in homes or camp. Following is the registration and fee information:

\$440 - if staying in homes \$250 - if camping All accommodations must be reserved and fees paid by March 1, 1990 for QCBC members. No refunds will be given under any circumstances Registration is on the first come mail-in basis. You must be 18 years old to ride.

Shirts Soviet & American t-shirt - \$15
Soviet Patch - \$15
Sponsor Soviet & American
t-shirt - \$15
Sponsor Soviet & American
patch - \$8

Checks should be sent to Cycle Path for Peace - Iowa. Inc., 209 East 13th Street, Davenport, IA 52803. As a side trip, Cycle Path for Peace - Iowa is sponsoring a three to five hour bike ride with the Soviet bikers on Friday, June 15, 1990. The ride will be through parts of Davenport, Bettendorf, East Moline, Moline, and Rock Island. Registration fee for this ride is \$15 and is due by March 1, 1990.

If you would like to host a Soviet or American biker on June 13, 14, 15, 25, 26, or 27, call Dana Chesnutt at 319-322-2263 or Paul Fessler at 309-786-2011 The committee currently has 30 host families and could use 50 more

Twenty-five bikes are also needed for the Soviets. They will have liability and medical insurance while in the States.

If you have any questions, please call Jim Olson, President, Cycle Path for Peace - Iowa, Inc., 319-322-5498 His address is 209 East 13th Street, Davenport, IA, 52803

The following is a letter from past president, Bill Langan to Mr. Igor

Mr. Igor Nalimov CCCP (USSR) 109388 Mockba

40-233

Dear Mr Igor Nalimov:

On behalf of the Quad Cities Bicycle Club, I would like to congratulate you and the Moscow Bicycle Club for having a very successful cycling event this last summer with twentyfive U.S. bicyclists touring your country.

I have to admit that I was somewhat skeptical that the USSR/USA Peace Tour would take place in your country. I am not only impressed with the organization of the tour, but I am

Meeting Notice

Tuesday, February 20, 1990 7:00 p.m. Palmer College Library Auditorium

Presentation On: **Trek Across America**By Bonnie Beyhl & Jane Garrett

New QCBC Bike Shirts

Long Sleeve - \$16; Short Sleeve - \$12 Matching baseball hats - \$5

Get

your

new shirts & hats



at the February Club meeting!

pleasantly amazed at the warm hospitality shown by your countrymen. I am very disappointed that I was not part of this historic event. I became aware of the success of your tour when the cyclists from the Quad Cities presented the program at our monthly club meeting. The pictures were beautiful, but the emotion and feelings from the group were inspiring and convincing that this was an experience they will cherish for a lifetime.

I hope that you and fellow cyclists will be able to come to the Quad Cities and tour our country this next summer. Rest assured that the Quad Cities Bicycle Club will help to assure a pleasant and rewarding experience during your tour of our country. I am hopeful that our countrymen will show you

the same hospitality that was shown to the U.S. cyclists, and the exchange of cyclists will become a routine event.

I would also like to extend an invitation for the Moscow Bicycle Club to join with the Quad Cities Bicycle Club and become "Sister Bicycle Clubs." This would include exchanging newsletters and establishing a relationship to promote safe cycling in our countries.

I look forward to meeting you and your fellow cyclists. It is also my hope to promote a better relationship and total peace between our countries, and a bicycle is a perfect vehicle to accomplish this.

Sincerely, Bill Langan, President

RAGBRAI XVIII

The Register's Annual Great Bicycle Ride Across lowa for 1990 is still several months away, but you must register now if you want to be 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. We turned away long time members last year because they waited until the last couple of weeks to ask for "fee paid" tags. The ride will be July 22 - 28, 1990, on a route to be announced in late February. The <u>Des Moines Register's</u> deadline is April 1. In order for us to meet their deadline, we must have all registration forms by March 15, 1990.

If you were not a QCBC member last year and would like to go on the ride, you will need to obtain your "fee paid" tag through the Des Moines Register lottery You can then still use our transportation and baggage service

Members who obtain "fee paid" tags from the QCBC will have to also pay for our baggage service \$25 If you do not want our minimum services or you want to take a vehicle, then it is necessary to obtain your "fee paid" tag through the Register's lottery

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 21, 1990; baggage transportation between overnight stops; and transportation of your gear from the eastern terminus back to Davenport. The transportation fee is \$60 for QCBC members and \$65 for non-members. (Non-members receive "fee paid" tags through the Register)

If you have your own transportation to the start of the ride, the cost is \$25 for QCBC members or \$30 for non-members (non-members receive "fee paid" tags through the Register) for the required minimum service of carrying your baggage between overnight stops

Everyone must have a <u>Des Moines Register "fee paid" tag.</u> The cost is \$50, which includes the Register's souvenir pack of nine special editions covering the ride. These will be mailed to your home. If you don't want the souvenir pack, the "fee paid" tag is \$40.

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

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 309-786-8187. 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, 1990.

Please notify us ahead of time if you cannot load your bike on Friday, July 20, 1990. We make arrangements to camp in the quiet zone at each town, please comply. If you do not tent, some people in the communities allow riders to stay in their homes.

Don't write to towns for overnight housing until you receive the Register's tag number. Some people wrote using the Club number last year, and the communities filed a complaint with the Register. Also, over 50 percent of the housing reserved last year was not used. This is very uncourteous as some people go to a lot of trouble to provide this service; i.e., extra food, bedding, etc. If you have reserved housing and find out you will not be using it, please write or call the person ahead of time

A quick scenario of the ride: load bikes Friday evening, 5:00 p m - 7:00 p m at Northpark Mall (Davenport, lowa); load gear and riders on buses, 6:00 a m - 7:00 a.m , Saturday morning; stop at Des Moines, lowa for lunch at 10:30 a m ; arrive at beginning city near the Missouri River at 3:00 p m and unload bikes and gear; start ride Sunday morning; arrive at Mississippi River on following Saturday, 1:00 p m - 3:00 p.m.; and load bikes for return trip to Davenport Overnight communities are preselected and have food and entertainment. Food and water is never more than a few miles apart. Only thing you need is tent to sleep in, bike with new tires, spare tubes, tire pump, patch kit with tools, bike clothing, lock for bike, and a water bottle. The more you train

ahead of time the easier the ride will be, and you will have more fun. Past participants who have not trained did not have fun. The longest day is 100 miles

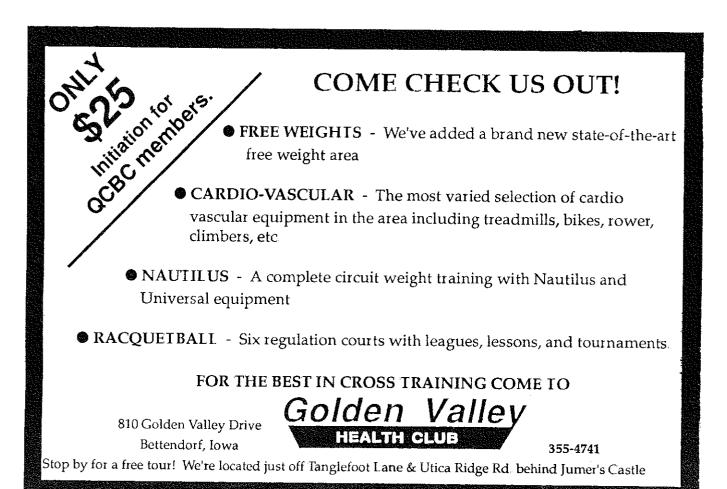
RAGBRAI Drivers Needed

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 drivers license and be insured. You must be available from Friday, July 20 through Saturday, July 28 This is a great way to be a part of RAGBRAI If you are interested, call 319-386-7157 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

See registration form elsewhere in this newsletter. There will be a question and answer period concerning RAGBRAI at the February meeting, following the TREK presentation.

The Marines & RAGBRAI

Did you know the marines were on RAGBRAI last year? Nineteen U.S. Marines, "Team Marine," pedaled along with the rest of us, according to an article in the December 1989 issue of the Leatherneck. Yes, the marines even commented, "I thought Iowa was flat!" I wished I could have seen them (through the pouring rain) in their tight military formation as they finished the trek in Bellevue. Thanks, **Jerry Yeast**, for the article. Cindy



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COME CHECK US OUT!

• FREE WEIGHTS - We've added a brand new state-of-the-art free weight area.

- OCBC Members. CARDIO-VASCULAR - The most varied selection of cardio vascular equipment in the area including treadmills, bikes, rower, climbers, etc.
 - NAUTILUS A complete circuit weight training with Nautilus and Universal equipment
- RACQUETBALL Six regulation courts with leagues, lessons, and tournaments.

FOR THE BEST IN CROSS TRAINING COME TO

810 Golden Valley Drive Bettendorf, Iowa



355-4741

Stop by for a free tour! We're located just off Tanglefoot Lane & Utica Ridge Rd. behind Jumer's Castle.

RAGBRAI XVIII REGISTRATION FORM

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

WE MUST HAVE YOUR REGISTRATION AND CHECK(S) BY MARCH 15, 1990

Name of rider	Phone	Phone			
Mailing Address					
Age on 7/21/90					
Adult sponsor if under 18					
QCBC transportation/baggage fee:	QCBC member \$60 00				
(Bus out and haul bags)	Non-member \$65 00				
	("Fee paid" tags received through Register)				
Baggage service only: (Find own way out)	QCBC member \$25 00				
•	Non-member \$30.00				
	("Fee paid" tags received through Register)				
Des Moines	Des Moines Register "fee paid" tag w/souvenir pack \$50 00				
	(9 issues of Register)				
Des Moines R	egister "fee paid" tag w/o souvenir pack \$40.00				
	Total				
Bus re	turn to Davenport (send separate check) \$15.00				
sign In signing this form for me or and sponsors and organizers, singly and co	every rider If you are under 18, your sponsor must on other, I understand and agree to absolve all of the ollectively, of all blame for any injury, misadventure, as a result of taking part in RAGBRAI XVIII, or in any all XVIII.	,			
	Date				
Sponsor's signature, if minor					
MAIL TO QCBC-RAGBRAI XVIII, 1932 N	ORTH NEVADA, DAVENPORT, IOWA, 52804				

PS: QCBC MEMBERS MINIMUM COST IS \$65 FOR "TAG" & BAGS; OR BUS OUT, "TAG" & BAGS IS \$100. ADD \$10 TO THIS FOR REGISTER PAPERS. **NON-MEMBERS MINIMUM COST IS \$30 FOR BAG SERVICE (TAGS THROUGH REGISTER); OR \$65 FOR BUS OUT & BAGS (TAGS THROUGH REGISTER) NOTE: NO TAGS NO SERVICE PROVIDED ADD \$15 TO ABOVE FOR BUS BACK TO DAVENPORT

RAGBRAI 1990

The ride will be July 22 - 28, 1990, on a route that will be announced in late February. The cost this year for wristbands for each riding member is \$50. This includes the souvenir pack of nine special editions of the Des Moines Register. Without the pack, the fee is \$40. The non-rider cost (drivers) will be \$20 with the souvenir pack. Without the pack, the fee is \$10.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the lottery.

There was an increase in underage drinking, rowdy behavior, vandalism, stolen bikes, stolen luggage, and unsafe riding habits. The Des Moines Register held a meeting in November with various clubs and provided us a list of complaints and problems they said could effect the future of the ride. The Club will not condone any problem personnel.

If you were not a member of the QCBC by the end of December 1989, you will need to put your name in the Des Moines Register lottery. If you get selected by them, we should have space available to transport your bike and luggage. As always, if you cannot make the distance each day, the

Club will not be responsible for providing transportation to the next campground.

If you would like to help out on this year's RAGBRAI, drive trucks, work on committees, etc, contact Tom Bolton, 1912 E., 32nd Street, Davenport, Iowa, 52807, Work number is 782-4379 or 782-3435.

More articles on this subject will appear in future newsletters.

Ride Report

Wednesday, November 29 by Earl Strupp

The alarm clock shattered my dream of Jamaica and its beautiful beaches. The reality of the real world slowly reached my brain. This was the day of the "Over the Hill Gang" bike ride. I flipped on the weather radio and heared there was a "brass monkey alert." Now it is big decision time - should I just ignore it and go back to Jamaica or put on my suit of armor and join the troops. Well, as they say "press-on-regard-less." Fred and Leon were on their second cup of coffee as I walked stiff legged into Davenport's McDonalds. The manager noted my purple face and asked if it was cold out there ... at least he didn't ask if I wanted my order "to go." As I slowly thawed out, Mary and Pat rode up It seems

the Quad City Times took publicity pictures for their ride across America during the summer of 1990. We tried to talk them into riding out to Eldridge, but they were too smart for that. Barney strolled in and had breakfast. He is still nursing a sore wrist and arm. He said he will be back riding after the first of the year. As per usual, we headed out into the wind. The wind chill factor was -5 degrees. Even so. I was overdressed and perspiring by the time we reached Eldridge. Cheerful Leo whipped up our breakfast, and we shot the breeze until it was time to leave. Guess what? The wind shifted, and we had a headwind on the way back. It was not all bad. The sun was out, and the temperature had climbed up to 30 degrees. We rode toward Mt. Joy cutting across by the airport and came down Division Street There is very little protection, and it was a bit trying biking into the wind. All in all, it was a good ride. We didn't see any other bikers - suppose they were watching T.V.

Attention Members!
Renew you membership in the QCBC so you will be listed in the new Ride Schedule.

FROM PAGE 1 for 1990

After passing the House side of Congress before the summer recess, the language survived intact through the full Senate Appropriations Committee hearings and their transportation sub-committee.

Few problems are expected with the final hurdles the full Senate vote and conference committee between House and Senate representatives

The language, introduced by Martin Sabo (D-MN), directs the Department of Transportation to review its staffing levels. There is a recommendation that the Department appoint a full-time bicycle program manager. Should it pass, the DOT will require plenty of encouragement to fulfill this recommendation. Please write to Samuel Skinner, Secretary of Transportation, 400 Seventh Street, Washington, D.C. 20590

WILDERNESS ACCESS BILL IN CONGRESS

James Hansen (R-UT) has introduced H.R 3172, a bill to amend the Wilderness Act of 1964 to allow bicycle access. Currently, bicycles are banned—along with all other mechanized forms of transportation—from all areas designated as wilderness.

Hansen cites the growing use of mountain bikes as the primary reason for the amendment. "The mountain bicycle is an innovation of the 80s and therefore was not considered when the 1964 Wilderness Act was drafted."

The bill, with 22 co-sponsors, has been received cautiously by the mountain bike community — and with open opposition by environmental groups. Their big fear is that the bill will open up the previously unamended Wilderness Act for a host of other amendments detrimental to the purposes of the legislation.

The League's newly formed Mountain Bike Committee is debating their stance on the issue. The International Mountain Bicycling Association welcomed the bill, provided that a rational federal land access policy, with strong environmental safeguards, is adopted

NATIONAL BOTTLE BILL UPDATE

Co-sponsors now number over 80 for Paul Henry's H.R. 586. Support for Senate bill 932 is proving harder to gain, as the beverage industry has been lobbying very hard against the proposed container deposit law.

Response to the League's petition has been good—but there is always a need for more and more names. If there is any opportunity for you to circulate the form please do so. More are available from the League.

The League is also asking bicycle clubs and other organizations to pass resolutions supporting the law. Once passed, these can be sent to legislators as an indication of grass roots support. A model resolution is also available from the League

The National Container Recycling Coalition reports that a recent industry study funded by Anheuser-Busch indicates that **bottle bills will greatly increase the recycling rates** of communities when combined with comprehensive recycling programs. They have always claimed that bottle bills harm comprehensive recycling

SCENIC BYWAYS: MOVEMENT AT LAST

After making slow progress for many months, the Senate Appropriations Committee finally moved to provide \$1 million for a study to:

- a) Update an inventory of existing scenic byways;
- b) Develop guidelines for establishing a national scenic byways program, including techniques for maintaining and enhancing the scenic, recreational, and historic qualities associated with each byway;
- c) Conduct case studies of the economic impact of scenic byways on travel and tourism;
- d) Analyze potential safety consequences and environmental impacts associated with scenic byway designation.

Final approval by the full Senate and conference committee is expected, as the provision was introduced by committee chairs Lautenberg and Byrd.

COME RIDE WITH US! QUAD CITIES BICYCLE CLUB

Dentists' Rides:

Rides are held on Wednesdays of each week starting from McDonalds, Davenport Bike Path on December 13 and Village Inn Pancake House, 53rd St. & 23rd Ave., Moline on December 20 - alternate starting place each week thereafter. Starting time is 8:00 a.m.

Saturday Rides:

December 9 - 9:00 a.m. -Moline YMCA XC Ski Option - 9:00 a.m. Saukie Golf Course, Rock Island

December 16 - 9:00 a.m.
Eastern Ave. entrance,
Davenport Bike Path
XC Ski Option - 7:00 a.m.
Ross' Restaurant,
Bettendorf, carpool to
Mississing Polisades State

Sunday Rides:

December 10 - 9:00 a.m. -Eastern Ave. entrance, Davenport Bike Path XC Ski Option - 9:00 a.m. -West Lake, Davenport

December 17 - Christmas Patch Ride

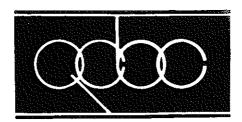
1:00 p.m. - Duck Creek Park entrance, Davenport Bike Path

Pecember 24 - 9:00 a.m. - YMCA

XC Ski Option - 9:00 a.m. - Middle Park Pool, Bettendorf

December 31 - 9:00 a.m. - Eastern Ave. entrance, Davenport Bike Path XC Ski Option - 9:00 a.m. - Christmas Patch Ride Sunday December 17 1:00 p.m. Duck Creek Park Davenport Bike Path

New Year's
Patch
Ride
Monday
January 1
1:00 p.m.



QUAD-CITIES BICYCLE CLUB

MEMBERSHIP APPLICATION

PLEASE PRINT

NAME		ADDRESS	CITY	STATE ZIP
PHONE	DATE	ANNUAL DUES:	INDIVIDUAL \$8.00 In Family \$1.	2.00 NEW MEMBER DE RENEWAL DE
FAMILY MEME	BERS AGE	RIDING INTEREST	I WILL HELP WITH	HOW DID YOU LEARN OF QCBC?
other activity	All cyclists ride at their	r own risk and anyone	NEWSLETTER FOLDING TOMRV RIDE COMMITTEES CRITERIUM CENTURY RIDE PICNIC OTHER OWN A TANDEM? YES NO COMMITTEES r personal injury damaged equipment to under age 16 must be accompanied by ad and in signing the liability release 1 and 1 an	L.A.W. MEMBER? YES NO I
LIABILITY	RELEASE - PLE	ASE SIGN:		
INDIVIDUAL MEMBERSHIP:		PARENT/GUARDIAN		
FAMILY MEMBERSHIP: SELF		SPOUSE		
MAKECHI	ECKS PAYABLE TO	O: QUAD CITIES E	BICYCLE CLUB. MAIL TO: P.O	BOX 3575 - DAVENPORT, IA 5280

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