



PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—January 2008



From the Headset:

By Dean Mayne, QCBC President
e.mayne@mchsi.com

Congratulations on another active and successful year with the Quad Cities Bicycle Club. I feel a strong sense of satisfaction as I look back at all we accomplished together in 2007.

We made serious strides toward fulfilling our mission: To promote, encourage, and support safe participation in bicycle riding for all ages and abilities: and to address the needs and interests of all aspects of bicycling in the Quad-Cities area.

We considered our mission statement frequently as we made decisions on what to pursue to help the QCBC and our community develop and succeed.

I'd like to take a little time to recognize some of the 2007 accomplishments we should be particularly proud of. I'll list them chronologically.

Not to make light of our big events, such as the QC Criterium, TOMRV, Ride the River, our RAGBRAI Caravan, Heartland Century, Fall Foliage Ride, club meetings, picnics and awards banquet.

The energies that go into these projects establishes us as

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CPR Training Planned

By Dave Georlett

It's time again if you haven't already, to take our CPR course. This short course may be one of the most important things you do all year. (Learning how to save a life). One year ago a QCBC member was saved from dying by a passing motorist who performed CPR.



The course last less than one hour and only costs \$5. A very small price to pay for possibly saving a life. CPR Saturday will be held Feb. 16, in the Keppy Hall Building at the Mississippi Valley

Fairgrounds, Davenport. Sign up to receive a free CPR manikin kit and learn CPR!

There will be four CPR sessions to pick from: Adult/child session 8 a.m., #46408; Infant session, 9 a.m., #46409; Adult/child session, 10 a.m., #46411; and infant session, 11 a.m., #46412.

You won't receive a CPR card for these classes, but you will leave knowing you can save a life!

To register, call Eastern Iowa Community College at (563) 441-4100.

2007 Community Service Contributions Reflect QCBC Goals!

By Terry Burke

The 2007 Community Service Expenditures of \$9,734 were an increase of \$3,271 over 2006 and contributed to broadening recognition of QCBC in the area.

Each year we contribute to and sponsor activities for competitive events, family rides and marketing, advocacy organizations. Competitive events included the Quad Cities Triathlon, Quad Cities Criterium, Sylvan Island MTB Race, all the DICE promoted races (road, circuit, cyclocross). Family ride was Ride The River and marketing was The Quad Cities Visitors & Convention Center.

Advocacy organizations included Adventure Cycling, League of Illinois Bicyclist, League of American Bicyclists, Iowa Bicycle Coalition and Iowa Trails Council. A recent development in 2007 was the League Certified Instructor, (LCI) an educational initiative. We also paid for treats to QCBC members who pick up trash on our section of an Iowa highway.

The increase in amount to be spent was due to a slight increase for the added DICE races, Quad Cities Criterium and equalization of the amounts contributed to Iowa & Illinois advocacy organizations dating back to 2004, plus LCI training expenses.

The Community Service Committee was formed in 2005 to streamline the funding request process and ensure that QCBC dollars spent will benefit QCBC locally and cycling in general at a state and national level.

In this process, recommendations are made by the Community Service Committee for final board approval or disapproval. Current members are John Wessel, John Harrington, and Terry Burke.



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Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone	Name	City/State	Phone
Tracy Dillie	Mesa, AZ	480-985-2226	John & Sue Severs	Wilton, IA	563-571-4080
Dennis Herron	Shingle Springs	530-672-2234	Brett & Sondra Mulford	Bloomington, IL	309-821-1559
Ronald & Megin Coleman	Avon	860-675-1163	Todd Sieben	Genneseo, IL	309-944-6668
Christina Briseno	Washington, DC	202-329-7172	Ed & Kendra Kennedy	Moline, IL	309-736-9088
Jacop Grillot	Washington, DC	202-422-7564	Peggy Reins & Greg Lenaghan	Niles, IL	847-452-1718
Kathleen Magoon	Bettendorf, IA	563-370-6797	Dana Monson	Rock Island, IL	309-738-9688
Terry Schmidt	Davenport, IA	563-343-7156	John & Opal Munson	Rock Island, IL	309-787-4615
Brandon Sieben	Iowa City, IA	319-337-7779	Mark Harris	Overland Park, IL	717-725-4503
Bill Telle	Muscatine, IA	563-263-5940			

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler. Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.

Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month.

You can also view the newsletter online at www.qcbc.org.

Membership Count: 12/18/06

Number of:	Members	Memberships
Individual	383	383
Couple	324	162
Family	305	83
Complimentary	20	20
Life	7	4
Total	1039	652

**Trek Bicycle Store
of Davenport**

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563-386-5533

Beat the Rush Special!!

\$15.00 off

Any tune-up package

Offer expires Feb. 15, 2008

Must present coupon at time of service



Submit 2007 mileage totals

Submit your total miles ridden in 2007 to David Thompson by Jan. 7. Miles must be ridden outdoors on a bicycle. A list will be published in the February newsletter.

To submit miles, call Dave at (309) 764-5030 or email ultrabiker@sbcglobal.net.

The following are Round the World award recipients for 2007, noted at the Nov. 9 QCBC Banquet:

- George Van Thorre: four times around the world - 100,000 miles
- Steve Kurt: four times around the world - 100,000 miles
- Gary Jones: Twice around the world - 50,000 miles
- Tom Scott: Once around the world - 25,000 miles

Bicyclist Brainstorming Session

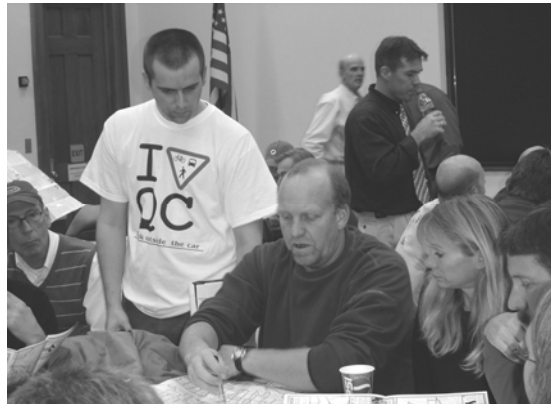
Quad Cities Bicyclists

By Chuck Oestreich

Electricity was in the air. The room was full of excitement. Wishes, even dreams, were suddenly out there as if on the pavement.

The group of about 75 citizens, many of them bicyclists, realized they had a voice. And they used it. It wasn't just idle speculation; it was realistic, positive expectation grounded in experience, hopes, frustrations, problems, puzzlement - and some good Metro Bicycle maps.

The event was an evening brainstorming session about how to improve bicycling in the Quad-Cities. Ed Barsotti, executive director of the League of Illinois Bicyclists, presented the preliminary overview of what other communities have done to make their streets more complete. Then he eased up and let the audience do the work.



(Jeff Cornelius leading a discussion group.)

The room, on an upper floor of the classic Rock Island Library (the oldest in Illinois), was divided with an imaginary line down the middle - the Mississippi River.

Then three tables on one side and two on the other became the extended community. Citizens grouped around tables, and soon their lively discussion turned to what Barsotti asked them to do: find short-term, do-able projects or alterations, rather than long-term mega-changes.

The meeting had a goal. In January, the area's metropolitan planning agency, Bi-State Regional Commission, will hold a Complete Streets Discussion Forum for city staff and elected people who make the decisions on transportation projects within the cities and counties.

Nationally known Complete Streets experts, Richard Mouer and John LaPlante, will lead the workshop. Barsotti, and his counterpart from Iowa, Mark Wyatt, of the Iowa Bicycle Coalition, will present the bicycle slant of the Complete Streets program.

At the Brainstorming session, Barsotti and Wyatt wanted to have some practical applications to present later to the engineers, planners, and other staff people. And they got them.

Each of the five tables/cities came up with a top three list of bicycle improvements. Besides giving impetus to lively discussion at the upcoming workshop, the lists will be used to open communication with the cities about bicycle transportation.

This brainstorming meeting was one of the results of a new awareness about Complete Streets which is making headway in the Quad Cities. After the successful publication of the

Quad Cities Metro Bicycle Map, a group called Quad Cities Transportation Advocacy Group (QC-TAG) started the ball rolling with projects such as Bike to Work Week, the Ride of Silence, and a series of organized bike rides through the cities.

On board with them were LIB, the Iowa Bicycle Coalition, the Quad Cities Bicycle Club, the Quad Cities Transit companies, and Genesis Medical Group - all helping with Complete Streets projects, such as the brainstorming session.

The session didn't really solve any problems. But it did start the process - with almost palpable energy filling the room. And all those attending helped to turn on the switch.

(Headset, Cont. from pg 1)

one of the largest, most active, bike clubs in the Midwest! The difference this year is that we stepped beyond our comfort zone to expose our hearts and love for our community by investing more in health, education and safety.

- Winter Hike series

January and February offerings were enhanced with the addition of a Winter Hike Series. Kathy Storm is resuming this activity with the assistance of volunteers. This keeps us active, strong and outdoors through the tougher winter months. It also gives us a chance to slow down to appreciate the natural and seasonal beauty of our region.

- CPR Saturday

Last February, Dave Georlett convinced 20 members of the QCBC to participate in CPR Training, making us the largest group in our community to participate in the American Heart Association's "CPR Saturday." We again made CPR Saturday a priority on this year's agenda. Look for Dave's article in this month's newsletter and sign up to protect your friends and family.

- Iowa Bike Summit

Last February, Deano Mathias and I attended the Iowa Bike Summit and now are regional representatives to the Iowa DOT and Iowa Bicycling Coalition. We hope to maintain these networks with regular participation in this program. We plan to offer an opportunity to carpool to Des Moines Jan. 19 for the 2008 Bike Summit.

This venue offers a chance to meet and share ideas with other organizations and clubs, and to combine efforts to pursue legislation, grants, and programs to enhance our states' vision for a healthier, accessible, multi-modal transportation plan.

- Bike to Work Week & Bike Month

In April and May, Our "Bike to Work Week" committee connected with bike commuters,

employers and city officials to raise awareness of Bike Month. We raised our communities' safety awareness of the increasing number of commuters considering cycling as a serious mode of transportation.

Many inroads were made with city officials and employers to support safe streets and amenities to make cycling a healthy, affordable choice for transportation.

- QC Criterium & DICE Racing

Our QC Criterium started transitioning from its well established and renowned director Terry Burke, to the youthful and ambitious hands of Donnie Miller. The '07 Crit was successful, well supported and well attended.

We've made efforts to better promote the racing teams and racing venues around the QCA. The younger riders and racers may turn out to be the lifeblood and future of QCBC, as they settle in, raise families, and contribute to our community.

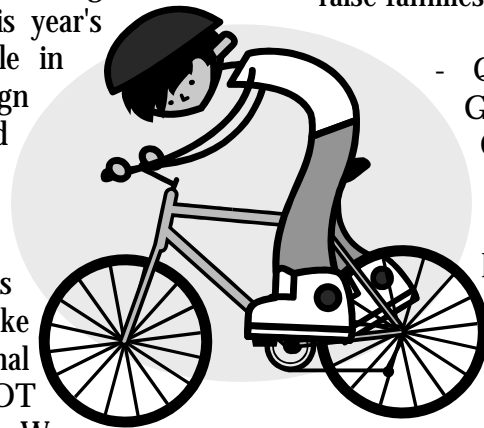
- QC-TAG Transportation Advocacy Group

Our Bike-to-Work Committee later evolved into QC-TAG, an ambitious group of bike commuters and professionals. This group meets weekly to coffee klatch and work with city planners, Iowa QC Transit, and the Bi-State Regional Commission to start the wheels turning toward a safer, more active and bicycle friendly community.

We worked with Genesis Health Systems, and the Two Rivers YMCA to promote "Active Quad Cities," by providing our first QC-Metro Rides in September and October.

We hosted the first Bicycle Transportation Workshop Nov. 20, and worked with the Bi-State Regional Commission to set up a Complete Streets Public Forum from 6-8 p.m. Jan. 24 at the Figge in Davenport. Hope we see you all there!

- We had a hugely successful TOMRV with great weather and terrific turnout.



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(Headset, Cont. from pg 6)

- QCBC volunteers again provided and fit helmets and provided logistics support at the annual Father's Day, Ride the River.

- Bettendorf Trail Committee

We were invited to participate on the Bettendorf Trail Extension Planning Team. City planning meetings were well attended by our bike club, and John Harrington agreed to represent us and keep us informed on trail progressions.

- Growth & Development Committee

John Harrington also is leading our growth and development committee with great ideas to enhance our club and attract new members. He recruited Denise Duethman to be membership director and is looking for someone to organize and lead family rides.

- League Certified Cycling Instructor

We recruited a league certified cycling instructor. The QCBC sponsored Donnie Miller's training for LCI certification from the League of American Bicyclists. Donnie now is available to instruct bicycle safety courses for children, adults and motorists. We hope to offer regular training opportunities to club members, starting with training board members, and offering a road safety class at our March club meeting. Contact Donnie Miller to sign up for Road 1 classes asap.

- Bicycle Transportation Workshop

We held our first public workshop on Nov. 20 to identify potential bicycle transportation routes around the QCA. We had support from the League of Illinois Bicyclists, Iowa Bicycle Coalition, QCBC, QC-TAG, FORC and 75 members of our community, along with a handful of city officials. The results will be used during a "Complete Streets" Forum Jan. 24.

- Community Trail representatives

We've established connections around our community with Dean Mathias, Jerry Neff and Chuck Oestreich on the Bi-State Regional Trails Commission; Dan Manley, Deano Mathias, Dan McNeil and Dean Mayne on the the Mississippi

River Trail Committee; Chuck Oestreich with Great Illinois Trail and Parks (GITAP), and the League of Illinois Bicyclists (LIB); Dean Mayne, Deano Mathias and Dave Lefever as representatives with the Iowa Bicycling Coalition (IBC); and John Harrington on the Bettendorf Trail Team.

- Communications Committee

We've created a communications committee to provide club oversight and guidance to our Web site, electronic mailings, advertising, club promotional information and newsletter. Charles Curry and Ken Urban will guide the way.

As always, I'm grateful for all the help and motivation our club, board members and community leaders provide. Together, we strive to improve the bicycling environment for ourselves, our families and our community.

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RAGBRAI XXXVI

The Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) for 2008 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 available

for a fee to those people who are QCBC members by December 31, 2007. These are available on a first come, first served basis. The ride will be July 20-26 on a route to be announced in late January. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2008. In order for us to meet their deadline, we must have **all** registration forms and checks by February 21, 2008.

The January and February newsletters will contain the RAGBRAI application and individual waiver form.

Fee Paid Tag

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$125.00. If you are **not** a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

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 Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$45 to haul baggage from the start town to the end town.

On-line Registration

Riders may register on the Ragbrai site at www.ragbrai.org. By following the outlined steps one can easily register on-line with our group. Transportation and baggage service is an additional costs payable to our group. Send all money to Darlene Moritz, 2833 Kelling St., Davenport, IA 52804. If you use this process and do not send me the forms I will eliminate you from our group.

Waiver required

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

Souvenir Pack

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$25.00 or \$40.00) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 36th Anniversary pack sells for \$40.00 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

Transportation Provided

The QCBC will be providing transportation for you, your bike and gear to the western departure city on

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AGREEMENT, WAIVER & RELEASE OF LIABILITY

RAGBRAI® XXXVI
JULY 20-26, 2008
The Des Moines Register

EACH ENTRANT MUST SIGN AN INDIVIDUAL WAIVER. FAXED WAIVERS WILL NOT BE ACCEPTED.

This form may be photocopied; however, faxed signed waivers will not be accepted.

I, the undersigned, know and understand that RAGBRAI and its related events involve potentially hazardous or dangerous activities and conditions. I attend RAGBRAI and all related events out of my own free will and choice. In choosing to attend RAGBRAI and any related events, I fully accept and assume all risks, whether before, during or after RAGBRAI and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with other participants, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of and/or design and other defects in the road, camping, negligence of others and participating in events, including those along the route. I am aware that the risk of injury or death is always present in biking and its attendant events and that this risk cannot be eliminated by RAGBRAI organizers, sponsors, and the government and private entities that host or assist in the RAGBRAI events. I know and accept that biking and road accidents may result from the failure for any reason (including negligence) of RAGBRAI organizers, sponsors, and the government and private entities that host or assist in the RAGBRAI events to correctly determine the conditions and safety of the road, surface, route or weather or to predict where or when an accident might occur. All risks are known appreciated and assumed by me and I waive any and all specific notice of the existence of them and further waive the obligation, if any, that any other person or entity has to advise or warn me of them. I assume and will pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I authorize the use and release of personal and medical information in connection with any medical services provided to me.

I realize that RAGBRAI events require physical conditioning. I represent that I am in sound medical condition capable of participating in the RAGBRAI events without risk to myself or others. I have no medical impediment that would endanger others or myself. I understand that a situation may arise during RAGBRAI and related events that may be beyond the control of the sponsors, promoters, organizers or others or may arise from negligence by them and accept and assume all risks of participation and/or attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner that does not endanger either myself or others.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in RAGBRAI and its related events, I for myself, spouse, children, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold The Des Moines Register and Tribune Company and its parent company, subsidiaries and affiliated entities; RAGBRAI sponsors and participating clubs, communities and organizations; RAGBRAI officials, emergency and support personnel, volunteers and their representatives; official Friends of RAGBRAI; persons and entities

that provide event recommendations, advice or services relating to matters such as route selection, design or maintenance, risk management, safety and first aid; all property owners, law enforcement agencies and governmental or public entities, including without limitation the State of Iowa, its counties, cities and special districts; and the officers, directors, employees, representatives, agents, and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in RAGBRAI and its related events. My waiver and release of all claims, demands, actions and liabilities shall include without limitation, any personal injury, accident, illness or death and any property damage or loss that may be: (a) caused by any act, or failure to act, by the above-identified persons and entities, including without limitation, their negligence, errors, omissions, failure to enforce rules, and conditions of the routes and/or event premises, and/or (b) sustained by me before, during or after RAGBRAI and its related events. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature for this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further acknowledge that no representations, promises, statements or inducements have been made to me other than as set forth in this document. I will abide by all RAGBRAI rules and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by The Des Moines Register and Tribune Company, and its licensees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses. I also waive any privacy rights that may result from disclosure of information about me, including without limitation, in connection with provision of any medical services by RAGBRAI sponsors and organizations. I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, injuries, claims and expenses, including attorneys' fees, arising from or relating in any respect to my attendance and/or participation in RAGBRAI and/or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf. We both agree to be bound by the terms of this agreement, waiver and release. We understand that no modifications or amendments to the standard Entry Form and the standard language of this waiver and release shall be binding unless they are accepted in a separate writing signed by the President of The Des Moines Register and Tribune Company.

If special arrangements are required for individuals with disabilities to complete and submit this form or if translation to another language is required, please contact T. J. Juszkiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 7, 2008. The Register will take those steps reasonably available to accommodate your request.

Si arregios especiales son requeridos por personas Incapacitadas para completar o someter este documento o si se requiere su traduccion a otra lengua, notifiquese T. J. Juszkiewicz en El Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50306-0622 antes de 7 del Marzo, 2008. El Register tomara las medidas razonablemente disponibles para acomodar su solicitud.

I (the previously-named entrant on the Individual Entry Form) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND I AM GIVING UP SUBSTANTIAL RIGHTS. (SUBMIT SIGNED ORIGINAL; FAXED OR PHOTOCOPIED SIGNATURE WILL NOT BE ACCEPTED.)

Printed Name

Date Signed

Unique ID

Signature Of Participant

Signature Of Parent if Participant is Under 18

ALL PAPER APPLICATIONS MUST BE OR POSTMARKED NO LATER THAN FEBRUARY 21, 2008

MAIL TO: RAGBRAI Fees, 2833 Kelling St Davenport, IA 52804

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(RAGBRAI, Cont page 8)

Saturday, July 19 and baggage transportation between overnight stops. The transportation and baggage fee is \$100.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$35.00.

If you have your own transportation to the start of the ride, the cost is \$45.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

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

Please notify us ahead of time if you cannot load your bike on Friday July 18.

Home Stays

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website www.ragbrai.org, after May 1, 2008

Miscellaneous

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation to the next campground.

All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Darlene Moritz, at 563-386-3499, or E-mail dmoritz@access.net . Please address subject matter on e-mail as RAGBRAI material. If I need to call you back, please leave me an evening phone number. If a return call requires a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms and your check by Feb 21, 2008.** We cannot accept your application if sent by registered mail. No confirmation will be sent, if your canceled check is returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be posted January 26, on the web site and also the Sunday Des Moines Register on the 27th. Check out their web page @ www.ragbrai.org for details.

RAGBRAI XXXVI REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXVI article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 21, 2008.** Make check payable to: QCBC, RAGBRAI.

1. PERSONAL DATA (Please Print)

NAME _____ BIRTHDATE (REQUIRED) _____
STREET _____ APT/STE/UNIT _____ PO BOX _____
CITY _____ STATE _____ ZIP CODE _____
DAYTIME PHONE _____ HOME PHONE _____
OCCUPATION _____ E-MAIL _____

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? ___ Road/MTB ___ Tandem ___ Recumbent ___ Other

please specify other _____

3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag	\$125.00	_____
QCBC transportation/baggage fee (bus out & haul bags)	\$100.00	_____
Baggage service only (find own way out)	\$45.00	_____
Bus return to Davenport	\$35.00	_____
Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$25.00	_____
Des Moines Register "Premium Souvenir Pack" (RAGBRAI XXXV poster and XL T-shirt)	\$40.00	_____
RAGBRAI XXXVI Jersey (Primal Wear)	\$45.00	_____
Jersey size SM _____ (35-37) MD _____ (38-40) LG _____ (40-42)		
Club Cut XL _____ (42-44) XXL _____ (44-46) XXXL _____ (46-48)		
	Total	\$ _____

Register subscriber? Daily ___ Sunday ___ Daily & Sun ___ Non-subscriber ___

Every rider must sign the liability waiver. 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 XXXV or in any of the activities associated with RAGBRAI XXXV.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

MAIL TO QCBC-RAGBRAI; 2833 Kelling St. , Davenport, IA 52804.

PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$170 FOR "TAG" & BAGS; OR \$225 FOR BUS OUT, "TAG" & BAGS. ADD \$35 FOR BUS BACK TO DAVENPORT. ADD \$25 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$45.00.

NO TAGS, NO SERVICES PROVIDED.

IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS.

January 2008 Ride Schedule

Winter ride schedule—October through April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

Wednesday, January 2

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Saturday, January 5

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Sunday, January 6

9:00 A.M. Meet at Hardee's, 425 55th St, Moline for a riders' choice ride.

Wednesday, January 9

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Saturday, January 12

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Sunday, January 13

9:00 A.M. Meet at Hardee's, 425 55th St, Moline for a riders' choice ride.

Monday, January 14

Martin Luther King Jr. Day Ride

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Wednesday, January 16

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St., Moline, for a riders' choice ride.

Saturday, January 19

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Sunday, January 20

9:00 A.M. Meet at Hardee's, 425 55th St, Moline for a riders' choice ride.

Wednesday, January 23

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Saturday, January 26

9:00 A.M. Meet at the United Methodist Church, 1709 Cleveland Rd. in Colona (1/2 Mile East of the I-80 Colona exit on Cleveland Road) for a riders' choice ride.

Sunday, January 27

9:00 A.M. Meet at McDonald's on Kimberly Rd at Eastern Ave, Davenport, for a riders' choice ride.

Wednesday, January 30

Morning Ride, Illinois Start

9:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.



Pushing for Pedaling

Promoting bicycling advocacy
 Davenport: North to South
 By Chuck Oestreich

"Hey, how can I get to downtown Davenport?" That was the question thrown to Dean Mathias last fall from a participant in the National Bike Symposium.

The rider was staying at one of the motels way north on Brady Street, almost at the juncture with Interstate 80.

The answer was: "ah... ah... That's a good question... ah."

Dean took the question to the group that developed the Quad Cities Metro Map, and with the help of some experienced Davenport bicyclists, especially Doug Nelson, came up with an almost traffic-free, fairly direct-line route down to the river through NorthPark Mall.

Let's put ourselves in that Symposium goer's shoes.

1. Close to I-80 there are frontage roads on both sides of Brady Street. Take one of them down to a right on 65th. Then in a few blocks go left at Ripley, where after a few more blocks you'll be at Goose Creek Park, a narrow patch of green along the aforementioned creek.

2. That park is the key to the connection. It has a wooden foot bridge over the creek that easily can be used by bicyclists. It'll link to 59th Street. Head west on it to Appomattox and turn left for a direct route to a crossing of busy 53rd Street. This area is booming with residential

developments, but traffic is calm - most of the time.

3. Appomattox changes to Brown Street at 53rd, for reasons known only to native north Davenporters. Between here and NorthPark Mall is another nice residential maze, but by following the Metro Map (Brown to Colony to Ripley to 46th to Main), you'll be in the expansive confine of the mall in no time.

4. The mall is do-able on a bike as long as you use common sense and avoid the close-in parking lots. Skim along its perimeter, watching for motorists so hell-bent on a parking space their peripheral vision is non-existent.

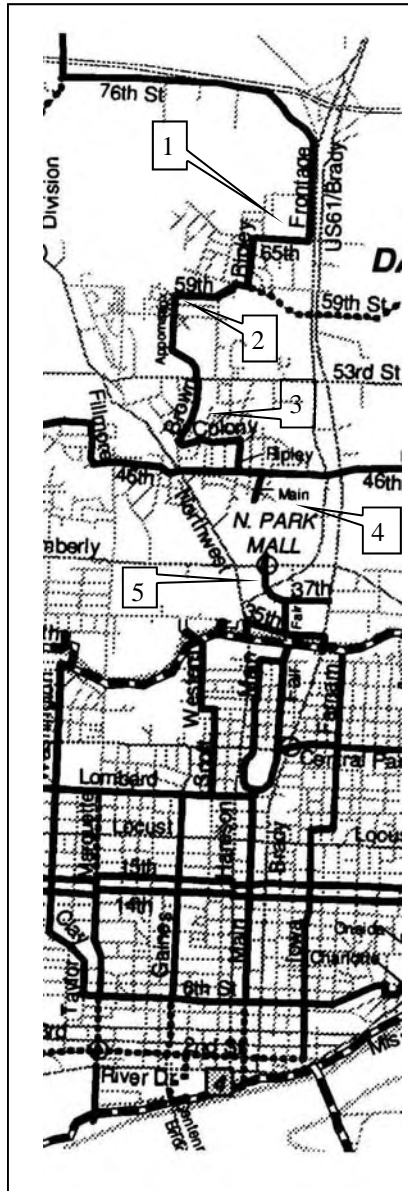
5. Getting out of the mall is no problem, even though you have to cross multi-laned and heavily-trafficked Kimberly Road. Take 37th Street, using the stoplights, up a small hill to a right at Fair Street.

This street continues on the other side of the Duck Creek, but alas - you have to go to Brady or Harrison (using short sections of sidewalk) to cross the creek.

Once you're on Fair (or Main, if you're coming from the west), you're a short stretch (unfortunately filled with stop signs) from cruising through Vander Veer Park, leaving at Main Street.

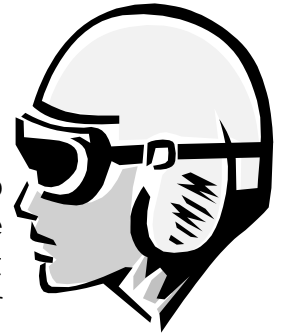
Then you're home free. Main will take you down the bluff to downtown and the river with just a few stop signals or signs. From start to end, it's about 6 and a half miles.

Who said there were no north/south routes through Davenport! Just ask Dean Mathias or Doug Nelson; they'll tell you.



RAAM Field at 250 Racers

Record Field for 2008 Edition of Transcontinental Bicycle Race



BOULDER, Colo. As of Dec. 17, more than 250 athletes were pre-registered to compete in the 2008 Race Across America, a non-stop, coast-to-coast race in June that will pass over two major mountain ranges, through the desert and across the American plains, and into the face of the severest weather patterns on the North American continent.

Now in its 27th year, the legendary event, known as the "world's toughest endurance race," inspires men and women of all ages, who spend a year out of their mostly ordinary lives training for the monumental challenge of pedaling across the United States to test the utmost limits of their physical strength, mental spirit, resilience and commitment.

The event has grown tremendously in the past few years, especially with the addition of team relay divisions. In 2006, 151 racers started RAAM, and last year, 192 racers pulled their wheels to the start line.

To date, this year's field includes 23 solo racers and 53 relay team entities. The solo racers include two women and 21 men, representing the USA, Canada, Germany, Italy, Austria, England, Switzerland and Brazil. No previous champions have registered yet, but traditionally, many solo racers won't commit to RAAM until early spring.

Currently, teams represent the USA, Canada, U.K., France, Switzerland, Austria, Norway and Luxembourg. Highlights include a team with several 75-year-old men, two teams of women 50+ and 60+, and at least five teams competing in the mixed-gender division.

For those who don't have the time off for the race, RAAM now offers the Race Across the West, a 1,000-mile race that finishes in Taos, NM., and a 24-hour race on its first 500 miles, to Flagstaff, Ariz. Each starts with the signature event in Oceanside, CA on June 8.

To register, visit www.raceacrossamerica.org, or email questions to director@raceacrossamerica.org.

In the News

A new Illinois law affecting motorists and bicyclists took effect Jan. 1. To learn more about the law, visit the League of Illinois Bicyclists Web site at www.bikelib.org, and scroll down to "Three-Foot Passing Rule Becomes Law." Click on the links for more details.

If you have questions about the law or information on the Web site, call the league's executive director, Ed Barsotti, at (630) 978-0583.



Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application _____

Family \$20/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Incl. Area Code)

Email _____

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Membership in Other
Bicycling Organizations

League of Am.
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	Birthdate	M/F	<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

*Single adult up to 22 years, using their parent's address as their primary address, may continue on their parents membership.

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, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release—Signature Required

Individual Membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter. Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 9/1/06

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

Presorted Standard
US Postage Paid
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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Club opportunities:

- ◆ QCBC rider schedule organizer needed: Training and a seasoned support team provided.
- ◆ Heartland Century director needed: one on one training and volunteer roster provided.
- ◆ Family Ride leader needed: Contact John Harrington if you can help.
- ◆ Jan. 19: Iowa Bike Summit, carpool and register online at lowabicyclecoalition.org
- ◆ Jan. 24 Complete Streets Forum for city officials 10 a.m. to 2 p.m. Public forum from 6 to 8 p.m. at the Figge in Davenport.
- ◆ Winter Hike series begins.