



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — September 2009

## Saying goodbye to Jim Hanson

By Joe Jamison

On June 29, 2009, Dr. James O. Hanson passed away at age 79. Jim was a long-time member of the Quad Cities Bicycle Club, joining in 1966, the club's second year of existence.

His accomplishments were many. He was a Lt. Commander in the U.S. Navy, a medical doctor, and an – instrument-rated private pilot. He wed Carolyn, who survives him, in 1958, a 51-year commitment.

But we remember Jim as a cyclist and there too, his accomplishments were profound. His preference for long-distance cycling began early in his riding career.

It was 1984 when Jim and his family planned to return from Farmington, N.M. to resume his practice in the Quad-Cities that his mark was made as a distance cyclist. Carolyn and the children drove here, but Jim, averaging 140 miles each day, rode completely self-supported for the entire distance.

### Bicycling accomplishments

1. More than 200,000 career miles.
2. Several consecutive seasons in excess of 10,000 miles.
3. Official finisher in the 540 mile "Bicycle Across Missouri" (BAM)
4. Held age group record for Lon Haldeman's "Double Trouble"
5. UMCA's "Who's Who" status at Platinum level in 2001.
6. Inducted into the "Big Dog's" Hall of Fame joining many elite U.S. cyclists.
  - 100+ Centuries in year 2000.
  - Completed "Triple Crown" in year 2000.

### The Later Years

1. Loyal volunteer for the QCBC's TOMRV and other events
2. Integral member of Ultra Midwest event management.
3. Volunteered for pro race, Tour of Missouri and Quad Cities Criterium races
4. Served as director of the QCBC Board in 2005

### Essence of the Man

How to remember this quiet man of unimposing physicality? Perhaps his own words provide an answer. UMCA winners of "Who's Who" status are asked to comment on their season. Here is what Jim said. "In December, 2000 I had total shoulder replacement surgery and rehab...and I had to get a century in before the end of January, 2001 to qualify for the Big Dog Century Challenge for the year 2001. The last three hours of the January 28 ride was in snow and ice pellets. I finished the ride just after dark with the rear derailleur frozen in one gear."

Determined, committed, loyal friend and driven is the way we'll always remember Jim Hanson.



## Support one of Jim's favorite events—UltraMidwest Labor Day races

By Dave Parker

Not only was Jim Hanson an avid endurance cyclist, but a consistent volunteer for UltraMidwest and other events across the country. On Labor Day weekend, UltraMidwest is hosting a 6-, 12- and 24-hour race at Riverdale Junior High in Port Byron. This race has been organized locally since the 1980s by various groups of Quad Citians and supported by local volunteers and bikers.

For the last five years, UltraMidwest has produced this event with the help of many QCBC volunteers especially Jim Hanson. Sadly, we can't rely on Jim's help any longer. So, we're asking QCBC members to help. We need a minimum of 10-14 people. Please consider volunteering a three- to four-hour shift at the timing station or one of the checkpoints.

We want to continue producing and growing this race but need help from local cyclists. For more information or to volunteer, contact Dave Parker at [parker\\_dave@hotmail.com](mailto:parker_dave@hotmail.com) or (563) 940-9610. For more information on UltraMidwest, visit [www.ultramidwest.net](http://www.ultramidwest.net).

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)  
 Vice President – Phil Schubbe (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com)  
 Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)  
 Treasurer – Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

**Quad Cities Bicycle Club**  
**P.O. Box 3575**  
**Davenport, IA 52808**  
<http://www.qcbc.org>

### Board Members:

Denise Duethman, (309) 721-7276	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Charlie Sattler (563) 391-3422	John Wessel (563) 359-8350
Terry Burke (309) 797-3790	Tim Carey 920-209-1984	Doug McDonald 563-332-6774

**Key Contacts:** A complete listing of committee chairmen and key contacts is available on the club’s web site and in the front of the hard copy ride schedule and membership directory booklet.

**Mission Statement:** To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

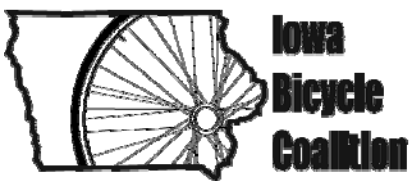
**Club Meetings:** Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com).

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser or David Weckel, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. **Commercial ads are available at the following rates: ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.**

**Major Activities of the Club Include:** Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual issue of Ride Schedule and Membership Directory booklet, 10% discount at QC area bike shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



<http://www.iowabicyclecoalition.org>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

## Sign up for Sept. 19 Harvest Hammer Dualthon

The Morrison Rotary Clubs’ 22nd annual Harvest Hammer Dualthon will be Saturday, Sept. 19 in Morrison, Ill. It includes a 5K run/21M bike ride, 5K run/walk, and kids’ fun runs, with various age groups.

The first 500 people who sign up for the rain-or-shine event will receive a t-shirt.

Registration is from 7:30 to 8:45 a.m. at Morrison High School. The Dualthon and 5K Run/Walk start at 9 a.m.

Register online at [www.getmeregistered.com](http://www.getmeregistered.com). For more information and race results, visit [harvesthammer.org](http://harvesthammer.org). For more information, email [harvesthammer08@yahoo.com](mailto:harvesthammer08@yahoo.com) or call Kathy Schmidt at (815) 772-3249 or Vicki Wright at (815) 499-6066.

Proceeds will go to local youth, education and , community and international projects.



## Let's Ride!

John Harrington, QCBC president



Let's Ride!

Hope you enjoyed riding through our coolest Iowa July on record.

We've done some digging and learned that our club has grown in memberships and members (families have several members, etc.). Despite tough economic times, we've grown our club by about 1 percent over the last year. Over the last two years, we've grown more than 10 percent. Credit goes to more families and couples joining us. This info is very helpful as we develop club activities for our membership.

Metamora Shout Out! Each year, Dave Parker and Joe Jamison hold the Metamora 4x50, a competitive double century for road bikes and recumbents. The ride takes place near Peoria on a flat 50-mile loop that is almost devoid of traffic. It's well sagged and can be done as a 50-, 100-, 150- or 200-mile race or workout. Participants range from 20 somethings to septuagenarians. Give it a shot next year if you're interested in a good distance ride.

QCBC History. 2009 is the 45th year for the QCBC. Joe Jamison is leading the charge preparing for our 50th in 2014. Working with the Putnam Museum, Joe has obtained permission to hold a QCBC exhibit. In the near future he will be requesting any artifacts that members would like to donate to the exhibit. Old bike riders are not considered artifacts!

See you on the road!

## October Fall Foliage Ride

By Deb Mathias

It's time make plans to join Deb and Dean Mathias and others for the 2009 QCBC Fall Foliage Ride in Mt. Horeb, Wis. Oct.10-11. Deb and Dean will drive to Mount Horeb – about 140 miles from Davenport – Friday night, Oct. 9.

We will begin riding at 9 a.m. Saturday from the Military Ridge State Park Trail parking lot.

Mt. Horeb (<http://www.trollway.com/index1.html>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to enjoy these unique characters.

A cycling route on quiet country roads promises more than a few hills days, with some flatter options. A town with lunch opportunities will be the destination both days before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) offers an option for cyclists who prefer a totally flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

We would like to know how many people to expect. Contact Deb and Dean Mathias at (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com) if you plan to join us for the ride. Also, give us a head count of individuals that would like to join the group for a scrumptious Italian dinner Saturday night. People not riding are welcome to join us for dinner.

You are responsible for making your own room reservations. A block of rooms has been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)) with an indoor pool. The rooms will be held until Sept. 5. Mention the QCBC for a group rate of \$62.95. Call Wally at (888) 621-1884 or (608) 437-5545 to reserve your room.

Rooms also are available at the Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), which is attached to the Military Ridge Bike Trail. Phone (608) 437-3350

Some Bed and Breakfast facilities also are available in the area. Check the Mt. Horeb Web site for more information.

Two nearby parks provide camping possibilities. Brigham Park is 112 acres with a spectacular panoramic view about 7 miles west of Mt. Horeb. Blue Mounds State Park is about 10 miles west of Mt. Horeb. For more information, call (608) 437-5711 or (888) 947-2757.

Bring along non-cycling family members to enjoy points of interest in or near Mt. Horeb: Troll Walk (Carved trolls)

Mt. Horeb Mustard Museum, Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway [www.littlenorway.com](http://www.littlenorway.com), and Cave of the Mounds (608) 437-3038.



## ing for Pedaling

g bicycling advocacy

*Oestreich*

Hooray! The Arsenal is open again for bicycling.

It's open that is, if you are going to work on the island itself, or if you just want to enjoy a recreational ride on this unique federal facility, in the heart of the Quad-Cities.

However, the Arsenal is not available as a transportation artery, say between downtown Davenport and downtown Moline.

A few bicyclists thought to do just that after July 20 when the island was opened up after eight years of being off limits to casual bicycle use. These cyclists were turned away, reportedly because the Arsenal is not meant to be used for cross-island transportation for the general public.

Cars are not allowed to go from one end of the island to the other without a destination in between, and bikes, being vehicles, fall under the same restrictions. These requirements probably don't have have much to do with security; but more about keeping the roads open for internal use – and, of course, for people going to and from work at the facility.

As for bike transportation, eight years ago there might have been a reason for a bicyclist to use the island for a short-cut. But now you're better off not using it. Consider:

From the start of the Moline Arsenal Bridge to the Government Bridge is 2.8 miles using Rodman Avenue, the most direct route right through the middle of the island.

Using the same start and end, it's only two-tenths of a mile longer using the Illinois paths and Sylvan Slough bike/ped bridge. However - and here's the edge - the path route has no stop signs, lights or busy intersections. The Rodman Avenue route has a couple of checkpoints where everyone must stop, a number of other stops, a narrow two-lane road for much of the route, and considerable traffic during rush hours and other times.

The Rodman Avenue route might be a little shorter in mileage, but certainly not in time.

If you take the Rodman route, you'll have to lie to the guard at the shack when he or she asks your destination – and do you really want to do that to a federal officer?

But, if you did lie and avoided Rodman and took the route which skirts the Mississippi River, guess what? It's 3.8 miles long – almost a mile longer than the paths.

The island golf course road is a little shorter, but now it's off-limits for bikes.

So the simple truth for those of you who want to use your bike for transportation between Moline and Davenport is this: use the Moline and Rock Island Mississippi River Trail and the bike passage across the tip of the Island.

You'll get to your destination faster, have less anxiety, and won't have to lie to the authorities.

Then when you have the time, take a leisurely bicycle ride around the Arsenal and enjoy one of the Quad Cities' undiscovered (for these last eight years) treasures.

## Join the Camp-Out Ride Aug. 29-30

**By Darlene Moritz**

Are you ready for the August Camp-Out? Well it's Aug. 29 and 30.

Cars can be left just east of the Captain's Table boat landing in Moline. Riders, their families, and guests are welcome to camp or stay at Savanna's Super 8 (815) 273-2288 or L&M Motel (815) 273-7728, Savanna, IL.

Showers are available for campers, who are responsible for their own camping fee. Tent sites are \$10 and we are allowed 4 people per site. There also are RV sites for slightly more.

We will have a bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to the near east end of the Ben Butterworth Parkway where they will be loaded in a van that will take everything to the campground at the Mississippi Palisades State Park. The van or trailer will be loaded from 8 to 8:30 a.m. Saturday.

On the way, there are several small towns where we can get breakfast, lunch, or whatever you need. The route to Savanna is 65 miles.

Don't miss the fun. For more information, and/or to make reservations, contact Darlene Moritz at (563)386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net). We need to know if you are camping or staying in a Savanna hotel..

**New QCBC members:**

- Beard, William, Moline, IL (309) 797-1790
- Bodnar, Rick, Davenport, IA, (910) 308-8192
- Brooks, Bob, Milan, IL. (309) 236-1520
- Buel, Chuck, Bettendorf, IA. (563) 359-6801
- Chiappinelli, Jane and Elena, Davenport, IA (563) 441-7570
- Cowan, Tana and Jeff, Geneseo, IL. (309) 944-3103
- Devries, Larry, Bettendorf, IA. (563) 343-4950
- Dunahoo, Matt, Eldridge, IA. (515) 537-4654
- Erps, Tom, Bettendorf, IA. (563) 332-8599
- Faley, Sherri and Gary, Davenport, IA. (563) 324-3489
- Fischgrund, David and Lynne, South Bend, IN. (574) 386-7159
- Flaherty, Molly, Palatine, IL (224) 213-6881
- Francis, Teresa, Davenport, IA, (563) 370-3170
- Gallup, William and Courtney, Davenport, IA.
- Glasz, Michelle and Derek, De Witt, IA. (563) 593-0857
- Gloeckner,, Mary, Moline, IL. (309) 236-5328
- Graf, Aaron and Victoria, Rock Island, IL. (309) 786-0072
- Greteman, Patty, Geneseo, IL (563) 650-0134
- Hallene, Mindy, Milan, IL. (309) 738-0996
- Harle, Kevin, Bettendorf, IA (563) 332-2428
- Hennessey, Heather, Davenport, IA. (910) 308-8192
- Kenney, Courtney and Casey, Rock Island, IL. (309) 794-0701
- Kratz, Jason, Moline, IL. (309) 373-9579
- Langston, Jim, Rock Island, IL (309) 788-1648
- Lovewell, Mike Heather Davenport, IA
- Madison, Lynn, Moline, IL. (309) 373-9607
- Maloney, Julie, Eldridge, IA. (563) 940-7566
- Mansfield, Michelle and Michael Phelps, Davenport, IA. (563) 449-4910
- Mizerny, Stan and Beverly, New Liberty, IA. (563) 340-1320
- Peck, Tom, Colona, IL., (309) 368-6394
- Pohlmann, Lee, Blue Grass, IA. (563) 505-5609
- Press, Howard, Bettendorf, IA (563) 344-4770
- Rettler, Jason and Emily, Davenport, IA.
- Rolf, Brian and Kathy, Bettendorf, IA. (563) 332-7163
- Schoeneck, Tom St Joseph, MO. (952) 470-0133
- Sibold, Ryan, Bettendorf, IA. (660) 422-1943
- Sloane, Caroline and John Greer, LeClaire, IA. (563) 508-5777
- Smith, Kevin and Judy, Moline, IL. (309) 792-5613
- Stawicki, Stan, East Moline, IL. (309) 912-3838
- Strieder, Brett, Silvis, IL. (309) 781-8602
- Swyers, John, Mansfield, MA. (508) 339-6560
- Turner, Kent and Amy Gloskopf, Davenport, IA. (563) 323-3872
- Van Pelt, Ronald Inverness, FL.
- Venema, Jenni, Bettendorf, IA. (563) 340-9303
- Welser, Randall, Moline, IL. (309) 762-6108

## October Night Rides resume

### By Kathy Storm

The October Night Rides are back. They again will be held at 6:30 p.m. Tuesday and Thursday nights – Tuesdays start at Lindsay Park Boat Harbor in the Village of East Davenport and Thursdays from the parking lot at Eastern Avenue Park on the Duck Creek Recreational Trail in Davenport.

Rides will be 15 to 25 miles, and we will regroup often.

A mountain or hybrid bike is suggested for these rides. You will need a headlight and/or helmet light and a lighted, red rear reflector. The red light on the back of your bike will allow other riders to judge their distance from your rear wheel.

The weather can vary on these rides. We ride only when the trails are dry. If the trails are still wet and muddy due to a recent rain, we don't ride. If at all possible, wear clothing that is reflective and put reflectors and/or reflective tape on your bike. You need to be "seen" by cars as you cross streets.

We hope you will join us for all or some of these rides in October. If you work during the day, these rides allow you to extend the riding season into the fall with a few weekday rides so you can still enjoy some longer weekend rides.

Riding the Duck Creek Trail or Riverfront Trail on these night rides is a whole new experience especially as the month progresses and the days get shorter.

We will have a dinner after the last October Night Ride on Thursday, Oct. 29, at McGuire's in Davenport (if they have re-opened) or another restaurant near the Duck Creek Trail.

If you have questions about suggested equipment for these rides, contact Bill or Kathy at (563) 355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com) or Ken Urban at (563) 326-3427 or [kdu1936@msn.com](mailto:kdu1936@msn.com).

**Membership Totals**

	#Memberships	#Members
<b>Comp</b>	<b>20</b>	<b>23</b>
<b>Couple</b>	<b>200</b>	<b>400</b>
<b>Family</b>	<b>86</b>	<b>304</b>
<b>Individual</b>	<b>362</b>	<b>362</b>
<b>Life</b>	<b>3</b>	<b>5</b>
<b>Grand total</b>	<b>671</b>	<b>1,093</b>

## Quad Cities UltraCycling – RAAM and RAW updates

### By Dave Parker

The world's toughest bicycle race isn't the Tour de France, despite all the hype and coverage. The real world's toughest bike race finishes up just about the time le Tour is getting under way.

RAAM, the Race Across AMERICA, starts in mid-June and lasts 10 to 12 days, although the winners finish in eight or nine. The race goes from Oceanside, CA. to Annapolis, MD. crossing the Sierras, deserts of Arizona and Utah, the Rocky Mountains, Kansas Great Plains, rolling hills and winds of the Midwest and the Appalachians - a distance of a little over 3,000 miles - before arriving on the Atlantic seaboard.

And, RAAM racers do it all non-stop - no stages or overnight stops and no 'sitting in' while the team takes the pull. Riders grab sleep and sustenance in chunks, trying to balance the need for sleep against the clock, bolstered and coerced by crews that are nearly as exhausted as riders.

RAAM 2009 saw one of the closest races in RAAM history. Although racers are divided by age and gender, bike type and in about as many team configurations as you could want, but most interest is centered on the men's and women's 40-49 races.

Endurance racing is not very interesting as a spectator or media sport; the participants are generally separated by hours and days, not minutes and seconds. It's also not easy to provide timely stats or reports when the racers are spread across several states.

But this year, two women stayed within hours of each other much of RAAM. American Janet Christiansen held a steady lead over a first-time Brazilian racer Daniela Genovesi, only to be overtaken at the end. The women, however, congratulated each other and the the spirit of good sportsmanship ruled.

Too bad the same could not be said of the Men's event. Jure Robic, Slovenian cyclist and four-time RAAM winner was the man to beat, and it looked like he was headed for number five. In the first 1,000 miles he had taken a lead of several hours over the rest of the field and one of his primary threats, Marko Baloh, was wavering.

Then a Swiss rider, Dani Wyss, began to close on Robic. By this time, Robic had accumulated one hour's worth of penalties, so keeping Wyss at bay was a matter of remaining at least an hour ahead of him. Unfortunately for Robic, by the time they reached the Eastern mountains, the two groups – riders and support vehicles – were in sight of each other.

Then, Robic flatted and Wyss took the lead, arriving in Annapolis first with a time of 8 days, 5 hours and 45 minutes. The leaderboard showed Robic arriving at the second to last time station, but never arriving at the finish.

A day later, Robic posted a message on his Web site, complaining that he had been unfairly penalized and that the officials had ignored countless infractions by Wyss – essentially denying Robic the win he deserved. So, he chose not to finish by leaving the course after serving his penalty time.

Since he effectively withdrew from the race, Robic's objections to his penalties were inconsequential and it appears his evidence against Wyss consisted of photos and video collected by Robic's crew, not by official observations. In any case, it seems that Robic's behavior was as much an example of poor sportsmanship as the women's winners were of good! Too bad an unusually close race was marred by these accusations.

Then there was RAW. Ride Across the West is a 1,000 mile race that follows the RAAM route but ends in Taos, NM after traversing California, Arizona, Utah and Colorado. This year, cyclist Joe Mann of Muscatine, entered the race after coming in second in last September's 24 Hour race in Port Byron.

Joe trained through the winter and did 200 and 300 KM brevets this spring, finishing with the 200 mile Balltown Classic race in May. He crossed the Sierras and Arizona in temperatures that exceeded 90 degrees. Monument Valley in southern Utah provided its own challenge with blowing sand that forced riders to cover their faces with bandannas. Unfortunately, by the time Joe reached Cortez, CO, he had developed such painful saddle sores he was forced to abandon the race after 770 miles. Only one participant in the men's RAW finished the full 1,000 miles.

### No Baloney Invitational Bike Ride on Sept. 26

Illinois Valley Wheelm'n - No Baloney Invitational Bike Ride will be held Saturday, Sept. 26 at Jubilee College State Park in Brimfield, Ill., 20 miles west of Peoria on Interstate 74.

The ride has 25-, 50-, 75- and 100-mile routes, along with four food stops featuring a variety of themed treats and the usual bike ride staples (bananas, cookies, etc.).

The ride begins at 6:30 a.m. at Jubilee College State Park, 11817 Jubilee College Road, Brimfield, Ill.

For more information, call (309) 696-2591 or visit [www.ivwnobaloney.com](http://www.ivwnobaloney.com) or [Active.com](http://Active.com) (No Baloney Ride).

**Quad Cities Bicycle Club Heartland Century  
REGISTRATION FORM (Detach and Return)  
Saturday, September 12, 2009**



**Start/Finish: Illiniwek Forest Preserve 1 mile north of  
Hampton, IL**  
**Starting Times: 6:30 until 8 a.m. for Century**  
**Before 10 am for 62 mi. ride**  
**Before 11 a.m. for 50 mile ride**  
**Continental Breakfast 6:30 to 10 a.m.**  
**Entrants will receive a nice long-sleeved t-shirt.**



**REGISTRATION FEES:**

Long-sleeved Size: M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ **Which Ride?** (50\_\_\_) (62\_\_\_) (100\_\_\_)

\$22 before August 24, 2009 \_\_\_\_\_  
\$25 from August 25, 2009 \_\_\_\_\_

**All participants are expected to wear a helmet to reduce their chances of injury.**

**MAKE CHECKS PAYABLE TO: QUAD CITIES BICYCLE CLUB**

Total \_\_\_\_\_  
QCBC Member - \$3 Discount - \_\_\_\_\_  
**GRAND TOTAL** \_\_\_\_\_

**Mail to: Scott B. Swanson  
528 1<sup>st</sup> Ave  
Silvis, IL 61282**

For further Details Contact:

Email: [sbswanson@cygnusrex.org](mailto:sbswanson@cygnusrex.org)  
Web Site: [www.qcbc.org](http://www.qcbc.org)  
Phone: Scott Swanson (563) 940-2901

**Please Print:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Club Affiliation:** \_\_\_\_\_

**Please see next page for the accident waiver.**

ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all Event participants and volunteers)

I acknowledge that The Heartland Century (hereafter referred to as the Event) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of roads and highways, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to the riders, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective highways, equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees); and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns.

The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

\_\_\_\_\_  
Print Participant's Name                      Age    Signature (if under 18 years old, parent or                      Date  
guardian must sign below)

PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian.

\_\_\_\_\_  
Print Participant's Name                      Age    Signature of Parent or Guardian                      Date



## September 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
1-Sep	<b>Iowa Evening ride</b> <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
1-Sep	<b>Women's Ride</b> Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
2-Sep	<b>Wednesday Morning Combined ride</b> , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
3-Sep	<b>Thursday Evening Ride.</b> <i>After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."</i>	20+ miles	5:30 PM	Rapid City boat launch	
5-Sep	<b>Leisure Ride: Saturday: Ride to Donohue for a community pancake breakfast.</b>	22 mi.	8:00 a.m.	Crow Creek Wildlife. F55 & Scott Co. Park Rd.	<b>Information:</b> Vivian Norton 563-355-1899
5-Sep	Saturday ride to Donahue for Fireman's Breakfast	40+ miles	8:00Am	Emesis Park, Davenport	Eric Weeks 563-324-4938
5-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
6-Sep	Sunday morning Midpaced ride - riders choice	45+	8:00 AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	
6-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
7-Sep	Labor Day Ride, stop in McCausland for Firemen's pancake breakfast.	38 miles	7:00 AM	Eastern Avenue Park, Duck Creek Parkway.	
7-Sep	Labor Day Ride, stop in McCausland for Firemen's pancake breakfast.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
8-Sep	<b>Iowa Evening ride</b> <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

## September 2009 Ride Schedule

8-Sep	<b>Women's Ride</b> Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
9-Sep	<b>Wednesday Morning Combined ride</b> , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
10-Sep	<b>Thursday Evening Ride.</b> After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
12-Sep	Heartland Century - details @ qcbc.org	25,50,62, 100	6:30 - 11am	Illiniwek Park Hampton IL	Scott Swanson 563-940-2901
13-Sep	Sunday Mid-Paced ride to Geneseo & Atkinson	40+ miles	8:00 AM	Colona School, Colona IL	Jeff Boden 309-792-1585
13-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
15-Sep	<b>Iowa Evening ride</b> After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
15-Sep	<b>Women's Ride</b> Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
16-Sep	<b>Wednesday Morning Combined ride</b> , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
17-Sep	<b>Thursday Evening Ride.</b> After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
19-Sep	Leisure Ride: Saturday: Andover to Bishop Hill	25 mi.	8:00 a.m.	Park at Andover City Park, hwy 81	<b>Information:</b> Vivian Norton 563-355-1899
19-Sep	Saturday Morning Mid-Paced ride to Reynolds and Edginton	40+ miles	8:00 AM	Southwest RI Industrial Park, 81st Ave West and RI Expressway	Tom Scott 309-788-9257

## September 2009 Ride Schedule

19-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
20-Sep	Sunday Morning Mid-Paced Ride 3 hr out and back	40+ miles	8:00 AM	Eastern Avenue Park, Duck Creek Parkway.	Ken Urban 563-3427
20-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	Quad Cities Air- port/General Avia- tion. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
22-Sep	<i>Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
22-Sep	<b>Women's Ride</b> Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
23-Sep	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
24-Sep	<b>Thursday Evening Ride.</b> After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
26-Sep	Leisure Ride: Saturday: Ride rural Scott County. McCausland for snacks	25 mi.	8:00 a.m.	Meet at Lancer's park- ing lot, El- dridge	<b>Information:</b> Vivian Nor- ton 563-355 -1899
26-Sep	Saturday Morning Mid-Paced ride to Candy Kitchen in Wilton	50+ miles	8:00am	Clark's Landing, Buffalo IA, park in lot 2 blocks east of rest.	Perm and Andy Horst 563-381- 3488
26-Sep	Car pool to either Miracles Can Happen Challenge bike ride in Wilton, Ia or No Baloney ride in Brimfield, IL	TBD	TBD	TBD	David Thompson 764-5030, Gary Jones 359-5614
27-Sep	Sunday Morning Mid-Paced ride to Fulton using the trail	45+miles	8:00 AM	Boat launch, Rapid City IL	Dick Wolbers 563-332-9906
29-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
29-Sep	<i>Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

## September 2009 Ride Schedule

29-Sep	<b>Iowa Evening ride</b> <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
29-Sep	<b>Women's Ride</b> Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089

## October 2009 Ride Schedule

3-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
4-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
6-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Davenport.	Ken Urban 563-326-3427
7-Oct	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
8-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
Oct 10-11	FALL Foliage Ride - Club's annual ride to see the colors in Mt Horeb WI	50+ each day	Sat 8am Sun 9am	Mt Horeb WI	Dean & Deb Mathias 309-787-6547
10-Oct	Saturday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
11-Oct	Sunday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
13-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Davenport.	Ken Urban 563-326-3427
14-Oct	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499

## October 2009 Ride Schedule

15-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
17-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	Quad Cities Air- port/General Avia- tion. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
18-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
20-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Daven- port.	Ken Urban 563-326-3427
21-Oct	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
22-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
24-Oct	Saturday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
25-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 754-5030, Gary Jones 359-5614
27-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Daven- port.	Ken Urban 563-326-3427
28-Oct	<b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
29-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights. Dinner afterwards at local restaurant.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
31-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900 AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
1-Nov	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614

### **Ride Classification:**

**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

## **Aug. 16 Mid-Paced ride report**

### **By Kathy Storm**

The Aug. 16 Mid Paced ride was scheduled as a 42-43 mile loop out of southwest Rock Island. Our plan was to ride through Reynolds, Buffalo Prairie (where a new Deli has opened) and Edginton (where the Café is no longer open on Sundays). The weather forecast looked bad with waves of rain and wind coming.

Bill and I headed to the starting location not sure if anyone would brave the dire forecast. Jason, Deb and Dean joined us.

We changed the route a little and rode our “headwind miles” first to get them out of the way. After a quick stop at Casey’s in Reynolds we headed towards Buffalo Prairie. The skies turned grayer and we felt some periodic drops of rain. So we took the first road north and headed back to our cars. We had some wonderful tailwind; not too gusty. There were few cars out on the roads so we could fly down hills.

It wasn’t a great day for a ride, but it felt good to get a short one in. Total ride mileage was 24 miles.

## **Ride the Challenge charity ride on Sept. 26**

### **By Dick Grimm**

The Ride the Challenge to raise funds for the Miracles Can Happen Boys Ranch in Wilton, Iowa, will be held Sept. 26, and we hope you will include our ride in your ride schedule.

This will be the fourth year for the ride, and hopefully the biggest year yet. All who ride get to meet the boys from the ranch and talk to Jim and Cathy Fry about the ranch and what it has done for these young men.

Miracles Can Happen Boys Ranch is a Christian home atmosphere designed to help troubled boys suffering personal problems. They rely on several fund raisers to fund programs to care for these young men.

Last year, we raised \$2,000. We hope to raise twice that this year. The boys are at registration, breakfast and sag stops. Some talk freely, some are more reserved. But they’re always amazed that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies.

This year, we again will start with great pancakes and sausage, and whatever else Jim and Cathy fix. All prepared for the cost of a “Love donation”. There also will be root beer floats available at the end of the ride.

There are four routes of 25-, 55-, 75- and 100-miles, plus the flexibility to add or subtract miles as you choose. There will be four sag stops, with the boys working with volunteers.

If you’ve never done a charity ride, make this your first. If you have done them, add this one to your list. We are riding rolling hills towards the Wapsi River Valley and back. The traffic is not usually heavy and most surfaces are great for riding. Let’s hope Mother Nature helps with great weather.

Registration can be done by downloading a form from the ranch Web site at [www.mchboys.com](http://www.mchboys.com) or through an online registration site. Registration is \$20 for early registration before Sept. 12, or \$25 after. Also this year, we will have T-shirts available for early registrations. Registrations and all donations are tax deductible.

For more information, contact Dick Grimm at [rlgrimm@netexpress.net](mailto:rlgrimm@netexpress.net) or (563) 445-7797.

### Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application  
 Renewal Application - Please make all changes from last yr.  
 Date of Application \_\_\_\_\_
- Membership Type:  Individual \$20/Year  
 Couple \$20/Year  
 Family \$20/Year

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (Including Area Code) Email \_\_\_\_\_ (Please carefully print current e-mail address)

**Please 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:

- Memberships in Other Bicycling Organizations:  League of Am Bicyclists  League of Illinois Bicyclists  Iowa Bicycle Coalition  DICE  FORC

Family Members *	Birth Date	M/F	Riding Interests	I can help with	
			<input type="checkbox"/> Biathlons <input type="checkbox"/> Camping <input type="checkbox"/> Commuting <input type="checkbox"/> Endurance <input type="checkbox"/> Mountain Biking <input type="checkbox"/> Racing <input type="checkbox"/> Recumbent <input type="checkbox"/> Tandem <input type="checkbox"/> Touring <input type="checkbox"/> Triathlons	<input type="checkbox"/> Annual Diner <input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Computer Work <input type="checkbox"/> Du-State-Du <input type="checkbox"/> Heartland Century <input type="checkbox"/> Membership <input type="checkbox"/> Newsletter <input type="checkbox"/> QC Criterium	<input type="checkbox"/> QC Triathlon <input type="checkbox"/> Packet Stuffing <input type="checkbox"/> Race Events <input type="checkbox"/> Ride Leader <input type="checkbox"/> Ride Schedule <input type="checkbox"/> Safety/Education <input type="checkbox"/> Telephone Calling <input type="checkbox"/> TOMRV

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

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, 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 age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

**Please consider receiving an e-mail notification of our monthly newsletter to help keep club dues low and reduce paper consumption.**

Please Circle your response... **Yes**, Please send me an email notification **No**, I prefer a paper copy

#### 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 next month's newsletter.  
 Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>  
 Last revised 2/18/09 and valid through 12/31/09

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

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Davenport, Iowa

RETURN SERVICE  
REQUESTED

**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**

**Upcoming events**

**Aug. 29-30 — Camp-out Ride**  
**Sept. 5 — UltraMidwest races**  
**Sept. 12 — Heartland Century**  
**Sept. 19 — Harvest Hammer Dualthon**  
**Sept. 26 — Ride the Challenge**  
**Sept. 26 — No Baloney Invitational**  
**Oct. 10-11 — Fall Foliage Ride**

**Get out and Ride!**

