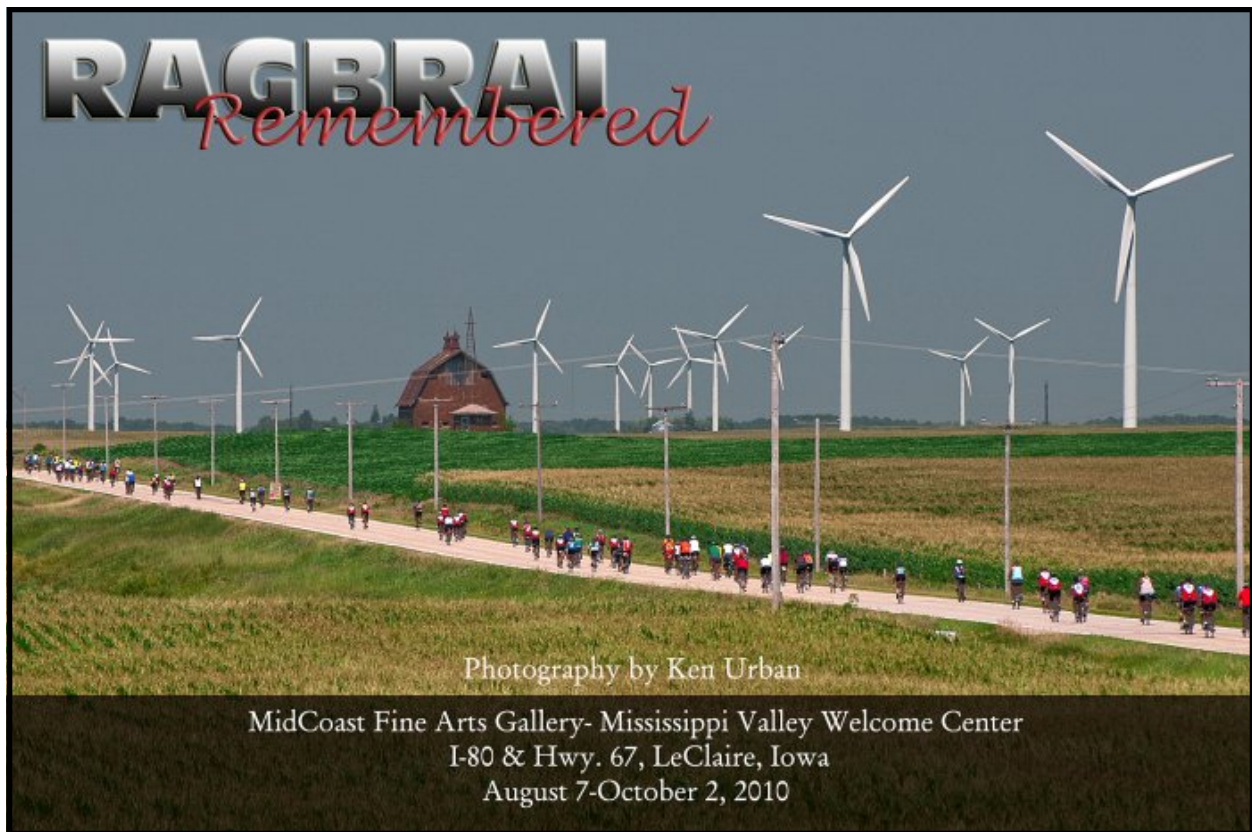




Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — September 2010

Ragbrai Remembered: Ken Urban photos



QCBC member Ken Urban, who takes photos at many QCBC functions, and helps organize club activities and road clean-ups, is showing his incredible Ragbrai photos at the Mississippi Valley Welcome Center in LeClaire through Oct. 2, as part of Mid-Coast Fine Arts Gallery. See the world of biking through Ken's eyes.

Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
 Vice President – Denise Duethman (309) 721-7276
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Ken Urban (563) 326-3427	Dave Thompson (309) 764-5030	Don Luth (563)381-3750
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. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to: 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 Membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.iowabicyclecoalition.org>

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

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

Editor’s note on picture submissions

We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ Please send pictures in **as high a resolution as possible**. Pictures from a phone are poor quality, don’t reproduce well and their size can’t be changed. So, please high resolution shots from a digital camera.
- ◆ Please have a focal point in the picture. Wide, unorganized group shots don’t work well. Frame up to five people in a picture, and get as close as you can—allowing a little space on the sides to give some insight into the setting..
- ◆ Please provide names of all the people in pictures, from left to right.



Let's Ride!

John Harrington, QCBC president



It has been so hot that I bought an insulated water bottle. It worked!

- **New bike routes.** I recently met with Seve Ghose, Davenport's Parks and Recreation director, to push for bike routes and get an update on Davenport's plans. Here's the summary:

- Wisconsin Avenue will get striped bike lanes this year.
- The new Credit Island Bridge to Concorde Street will be designed by September and completed in 2011.
- Division Street north of Cheyenne to Northwest Boulevard will get striped bike lanes in the future.
- Davenport has developed a map of upcoming bikeways. We'll have it posted on our website.

Please feel free to contact your Davenport alderman to support these and future bikeways.

- **Fred Blesin Memorial Update.** The \$12,000 project is now fully funded with \$5,000 from the QCBC and \$7,000 from the city of Davenport. Davenport's Parks and Recreation Department will manage the entire project with completion scheduled this year. We'll announce a ribbon cutting date as soon as possible!

- **QCBC Hall of Fame.** Joe Jamison and his team are doing a super job preparing our 1st Hall of Fame presentation. You can expect a "top drawer" event. Our intent is to recognize past and present club members for their bicycling successes while providing some great publicity for the QCBC. Of course we hope that new members will line up to join as they hear about our great club.

- **Newsletter Editor.** Our editor, Jackie Chesser, would like to pass the torch to a new editor. Anyone that is interested in this position that pays \$49/month can contact Jackie at qbceditor@yahoo.com or me at jwhjkh@gmail.com. Thanks!

Ride the Challenge on Sept. 25

By Dick Grimm

Here we are five years later, preparing for Challenge 2010 on Sept. 25. Hopefully, this year will be bigger than last year when we had more than 75 riders, plus several registrants who were unable to ride.

We had great weather last year, with riders from the Quad-Cities, Iowa City, Cedar Rapids, Muscatine and Wisconsin. The main point is, all that return or ride it for the first time 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 generate operating costs through various fundraisers. The ranch does not receive any government money and very little United Way money.

Last year we raised more than \$3,000 towards their care. Hopefully, we can raise twice that this year.

This year, as always, the boys will be at the registration, breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies. Most riders find that the boys enjoy meeting everyone. I have found that most times they just want someone to care about them and listen.

This year, we again will be starting off with the great pancakes and sausage and whatever else Jim and Cathy find to fix, all prepared for the cost of a "love donation." There also will be root beer floats 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. With the four routes, we will have four sag stops available where the boys will work with volunteers to give riders a chance to meet them.

If you have never done a charity ride, make this your first. If have done one, try this one. We are riding rolling hills towards the Wapsi River Valley and back. Traffic is not usually heavy and most surfaces are great for riding. Let's hope that Mother Nature helps with great weather.

Register online, or download a form, at www.mchboys.com. Registration is \$20 until Sept. 11 and \$25 after. This year, we will have t-shirts for early registrants. Registrations and all donations are tax deductible.

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

Miracles Can Happen Boys Ranch is at 1614 300th St., Wilton, IA. 52778, or visit www.mchboys.com.

Wisconsin Fall Foliage Ride is Oct. 9-10

By Deb Mathias

Join Deb and Dean Mathias and others on the 2010 QCBC Fall Foliage Ride in Mt. Horeb, Wis. Oct. 9-10. The ride starts at 9 a.m. Saturday, Oct. 9 from the Military Ridge State Park Trail parking lot, and at 8 a.m. Sunday from the same location. The Mathiases will drive to Mount Horeb Friday evening, Oct. 8.

Can't get away for an entire weekend? Mt. Horeb is about 140 miles from Davenport – close enough to drive up and back the same day if you want to ride just one day on some new roads with spectacular scenery that is quite different from the corn and bean fields we've been looking at all summer.

Mt. Horeb (<http://trollway.com/>) 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 both days with some flatter options. A town with lunch options 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 that 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 if you plan to join us. We'd also like a head count of people who would like to join the group for a great Italian dinner Saturday night. Non-riders 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) with indoor pool. The rooms will be held until Sept. 5. Mention the QCBC for a group rate of \$62.95. For reservations, call (888) 621-1884 or (608) 437-5545.

Rooms are also available at the Village Inn Hotel (www.littlebedder.com), which is physically 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 website for information.

There also are two nearby parks for camping - Brigham Park, a 112-acre park with a spectacular panoramic view about seven miles west of Mt. Horeb and Blue Mounds State Park about 10 miles west of Mt. Horeb. For 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), Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway (www.littlenorway.com), Cave of the Mounds (608-437-3038)

Plan to enjoy a fun-filled weekend of cycling adventure and other activities. For more information, call Dean's cell phone at (309) 737-8429 and Deb's (309) 737-8428.

Healthy Families Day

By Chuck Oestreich

Bicycling to Healthy Families Day will be from 10 a.m. to 2 p.m. Saturday, Sept. 18 at Modern Woodman Park, Davenport.

There will be free activities for kids – punt, pass & kick; inflatables, kite flying, running the bases, etc. There also will be bicycle incentives.

Quad Cities Transportation Alternatives Group (QC-TAG) will provide free valet parking for those who bicycle to the event, as well as activities promoting safe family biking.

If you can't bike all the way from home, carry your bikes on your vehicle and park in any of the lots or parking areas on either side of the river. Then bike to the event.

Those living in Illinois, can use the bicycle friendly Government Bridge to easily get to Modern Woodman Park and the area.

Let's pack the park (the valet parking) with bicycles.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

What's New on the Bicycling Scene?

Jumping with energy, enthusiasm, and innovation. That's been the picture this summer for those who find that two wheels propelled by one human is the way to go – for recreation and transportation.

Great River Trail Gap: The gap in the Great River Trail south of Savanna is no more. Hard pavement links the present path from Savanna where it stops around the railroad tracks to an opening onto Riverview Road south of the National Wildlife and Fish Refuge Visitors Center. It's open, and we're waiting for the official ribbon-cutting.

With the trail complete - some 65 miles from Rock Island's Sunset Park to downtown Savanna – western Illinois continues to dominate bicycling along the Mississippi, drawing bike tourists from across the nation and many foreign countries. I was drawn by the Lorelei to bike a section of the Rhine; just so Germans are drawn to the mighty Mississippi – the river of steamboats, Twain, and heartland hospitality.

RI-Moline Rock River Connection: The new RI-Moline path along the Rock River is not bikeable now, but they are making headway. It's going to be neat. Going west from Moline's 7th Street, it parallels 52nd Avenue, then gently curves away from the busy bridge traffic along a meandering route through open greenery.

It curves to intersect the new Rock River bridge, scooting under it and power lines, to Rock Island's 44th Street. But at the bridge, a ramp on the western side will allow access to the bike/ped. bridge extension which has already been built. This is a key part of the bike scene – linking Rock Island, Moline, Milan, and Rock Island County.

Davenport Transportation Plan: The plan is comprehensive and all encompassing, almost too much so. But it does project Davenport into the future and sets it to take the Quad-Cities' lead in providing citizens with reasonable ways to travel around a city. Under the plan (which hasn't been approved or paid for yet), one-ways, parallel parking, and other high-calorie traffic generators would be put on a diet. A healthy, but enriched, menu would go to traffic calming, friendly parking, and great amenities for bicycling and walking.

"In nearly all cases, re-stripping will involve adding bike lanes," says planner Darrin Nordahl. "People do want to bike. We can encourage people to start using alternate modes of transit if we at least provide safe, comfortable facilities for them."

The end product looks for a city honeycombed with clearly marked bicycle routes, lanes, and paths. Welcome to the 21 century.

Rock Island's New Schwiebert Park: It's a glittering gem on the river's edge. Don't rush past it on the trail next to the railroad. Slow down, take a loop ride along the river promenade, stop for a break. The park offers the second best view of the river, Iowa, and the tip of Arsenal Island (the best is from the apex of the Centennial Bridge, on a bike, that is). Enjoy the sounds of kids playing on the water and climbing features. It's a classy place – with something different around every curve. Enjoy.

New Bike Shop: We have a new bike shop in the Quad Cities. "Let's Ride" just recently opened for business. Located close to Silvis' main street (1st Ave. and 9th St.), the shop run by Tim and Loree Phylpo, has full servicing of all makes and models, along with sales of new bikes. Stop in and check it out. You'll be welcome.

Something "new": Though touted as something new, in many respects this transportation invention has been around for almost 150 years. It has two wheels, is easily directed and controlled, and moves at a moderate pace once you get it up to a speed where it can be balanced.

It's a bicycle, right? No, it's called a Segway. But when you get right down to it, the Segway really is nothing much more than a vertical bicycle, in contrast to the usual horizontal one. But the big difference is in how it's propelled. The Segway uses electric motors while bicycles use human power. And that makes all the difference.

That said, they should be barred, banned, and forbidden on our paths and trails – our non-motorized paths and trails. It's as simple as that. What don't people git? Our paths and trails are designed and funded for non-motorized travel. A Segway has a motor. 'Nuff said.

For Sale by Owner

Rolf Vector Comp wheelset, red, 18-hole front, 20-hole rear, flat blade spokes, in good condition. Tires included (1 Continental Grand Prix 3000, 1 Bontrager Race LiteHard Case). \$125. Call Kathy Loomis at (563) 386-3429.

**Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM (Detach and Return)
Saturday, September 11, 2010**



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.
Early entrants will receive a nice long-sleeved t-shirt.



REGISTRATION FEES:

(Register by August 14

Long-sleeved Size: M___ L___ XL___ XXL___
(100___)

Which Ride? (50___) (62___)

\$22 postmarked on or before August 14, 2010 _____
\$25 postmarked from August 16, 2010` _____

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

Total _____
QCBC Member - \$3 Discount - _____
GRAND TOTAL _____

**MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB**
Mail to: Scott B. Swanson
528 1st Ave
Silvis, IL 61282

For further Details Contact:

Email: sbswanson@cygnusrex.org
Web Site: www.qcbc.org
Phone: Scott Swanson (563) 940-

Please Print:
2901

Name:

Phone:

City: _____

Street: _____

State: _____ **Zip:** _____

Club Affiliation: _____

Pedalwheeling • September 2010

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 guardian must sign below)	Date

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

Century Awards Are Here Again

By Vivian Norton

When was your first century? Remember? I do, and probably so does most everyone who has.

It's been about four years since the first century awards were given. This year, the QCBC Board will be giving an award to any club member who completes a first century in 2010.

Be sure to get in some 60-70 mile rides and at least 500 miles before you try a century. Those miles are not a must, but will sure make a century easier and the chances of completion greater.

Pick a great day with low/no wind and ride from Sunset Park to Savanna with some side trip miles around Hillsdale, and you'll easily do a flat century. Going with some other riders makes it more fun and the time and miles go quickly. Be sure to stop for drinks and food.

Another opportunity for a century is at the Heartland Century in the fall. The route may go over more hills but the route is marked and has sag stops. You will have plenty of company.

To report you first century, contact Vivian Norton at (563) -355-1899 or vjoan@q.com. You will receive your award plaque at the annual dinner in November.

Join the fall Tailwind Ride

NOTE: See waiver form on next page

By Dave Thompson

Because of the huge popularity of the spring tailwind ride, we have decided to add a fall tailwind century on Oct. 2.

The format will be much the same. I have eight routes set up to drive out and drop off riders for a 100-mile ride back with a tailwind (hopefully).

All starts and finishes will be from the Ben Butterworth Parkway parking lot. So no phone calls or worrying about where the start will be from.

There will be a basic sag stop about 60 miles into the ride with water, Gatorade, sub sandwiches and other goodies.


Every route has plenty of small towns with services along the way if you need a full lunch. We'll start to load bikes at 6:15 a.m. with a 7 a.m. start towards our starting destination.

At this point, we will do one bus, about a 45-people limit. We'll add another bus if we get enough interest.

The drive normally takes about two hours, where we will unload the bikes and send you on your way.

Improved and easier to read cue sheets will be handed out. We will have a secure area (probably a locked trailer) for any gear you don't want to haul on your bike back. Rain date will be the next day. Entry fee will be \$20.

Dr. Smith Answers Your Foot Pain Questions. What is a Neuroma?



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

"When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma," says Dr. Smith. "Wearing tight or narrow biking shoes can lead to neuromas."

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

Reducing neuroma pain and swelling may involve:

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, treatments and injections

Dr. Smith PC
 ordinary name • extraordinary care
 (309) 762-7919
 www.drsmithdpm.com

See Dr. Smith for an early diagnosis of any foot pain.

Hamilton Heights Medical Bldg. • 550 30th Avenue, Suite #4 • Moline, IL 61265

Seeking Heartland volunteers

By Scott Swanson

Registration is under way for the Sept. 11 Heartland Century. It starts at Illiniwek Park in Hampton and includes a continental breakfast. There are two rest stops on the 50- and 62-mile rides, one in Erie and one in Cordova. There also is a lunch stop near Morrison for those who do the full century.

Send the completed registration and waiver forms to Scott Swanson, QCBC Heartland Century, 528 1st Ave., Silvis. For questions, or to volunteer, email Scott at sbswanson@cygnusrex.org.

QCBC Event Accident Waiver and Release of Liability. Revised 10/10/07

**EVENT PARTICIPANT / VOLUNTEER
ACCIDENT WAIVER AND RELEASE OF LIABILITY**
(To be signed by all event participants and volunteers)

I acknowledge that _____ (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 agree to obey all traffic laws of the hosting state and to wear an approved helmet while cycling in this event. 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 of participant	Date
(if under 18 years old, Parent or guardian must also 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 2010 Ride Schedule

1-Sep	Wednesday 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
2-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
4-Sep	Leisure Ride	25 mi. +/-	8:00 a.m.	Illinwick Park (Hwy 84) Illinois-Rider's Choice	Vivian Norton- 563-355-1899- vjoan@q.com
4-Sep	Saturday morning midpaced ride- Scott County loop	40-45 miles 14-16 mph	8:00 AM	Pleasant Valley High School, East parking lot by tennis courts	Kevin Kraft 563-505-9688
4-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
5-Sep	Sunday morning midpaced ride- Riders' Choice	TBD 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders' Choice
5-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
6-Sep	Labor Day midpaced ride- McCausland pancake breakfast and car show	40 miles 14-16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	No ride leader
6-Sep	Labor Day Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
7-Sep	Iowa Evening ride <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	
7-Sep	TUESDAY- Women's Only Rides - midpace	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
8-Sep	Wednesday 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

September 2010 Ride Schedule

9-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
11-Sep	Saturday morning- Heartland Century, 3 mileage options 50, 62 or 100 miles	50-100 miles 14-16 mph	6:30-8:00 AM	Illiniwek Park, Hampton, IL	Scott Swanson 563-940-2901
11-Sep					
12-Sep	Sunday morning midpaced ride- 3 hour out and back, no breakfast stop	40-45 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Rd, Bettendorf	Anne Fleishman 563-505-0655
12-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
14-Sep	Iowa Evening ride <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	
14-Sep	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Kathy Ramp 309-738-8389
15-Sep	Wednesday 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
16-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
18-Sep	Leisure Ride	25 mi. +/-	8:00 a.m.	Albany City Park (left on Hwy 84) Ride North	Vivian Norton- 563-355-1899- vjoan@q.com
18-Sep	Saturday morning midpaced ride- Cordova to Eagle Point Park in Clinton	60 miles 14-16 mph	8:00 AM	Cordova Park, Hwy 84 & 11th St., Cordova, IL	Dick Wolbers 563-332-9906
18-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
19-Sep	Sunday morning midpaced ride- Geneseo loop	35-40 miles 14-16 mph	8:00 AM	Colona Grade School, 700- 1st St., Colona, IL	Jason Kratz 309-373-9579
19-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Quad Cities Airport/ General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614

September 2010 Ride Schedule

21-Sep	Iowa Evening ride <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	
21-Sep	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	Rapid City Boat Launch	Kathy Ramp 309-738-8389
22-Sep	Wednesday 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
23-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
25-Sep	Leisure Ride	25 mi. +/-	8:00 a.m.	Challenge Ride- Watch web site for informaiton	Vivian Norton- 563-355-1899- vjoan@q.com
25-Sep	Saturday morning midpaced ride- Riders' choice	TBD 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders' Choice
25-Sep	Miracles Century in Wilton, Ia or Potosi Brewery Century in Potosi, Wi.	Several Distance Options	800AM	Either Wilton, Ia or Potosi, Wi.	David Thompson 764-5030, Gary Jones 359-5614
26-Sep	Sunday morning midpaced ride- North Scott County route	40-45 miles 14-16 mph	8:00 AM	North Scott High School, Eldridge, IA	Eric Weeks 563-324-4938
26-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
28-Sep	Iowa Evening ride <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	
28-Sep	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Kathy Ramp 309-738-8389
29-Sep	Wednesday 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
30-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	

October 2010 Ride Schedule

2-Oct	Saturday morning midpaced ride- Riders' choice	TBD 14-16 mph	9:00 AM	Duck Creek Parkway at Eastern Avenue, Davenport	Riders' Choice
2-Oct	Fall Tailwind Ride	100 Miles	700AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030
3-Oct	Sunday morning midpaced ride- 3 hour out and back, no breakfast stop	40 miles 14-16 mph	9:00 AM	Crow Creek Park, Devils Glen Rd, Bettendorf	John Harrington
3-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	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
9-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
9-Oct	Saturday morning midpaced ride- Northern Scott County route	40-45 miles 14-16 mph	9:00 AM	North Scott High School, Eldridge, IA	Dan O'Dell 563-570-6872
10-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
10-Oct	Sunday morning midpaced ride- Riders' Choice	35-40 miles 14-16 mph	9:00 AM	Colona Grade School, 700- 1st St., Colona, IL	Riders' Choice
13-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
16-Oct	Fall Chili in the Park Ride W/Mid-paced and Liesure groups.	50-60 Miles 16-18mph	900AM	Middle Park Lagoon Bettendorf	David Thompson 764-5030
16-Oct	Saturday morning midpaced ride- Chili Ride	40-45 miles 14-16 mph	9:00 AM	Middle Park Lagoon, Bettendorf, IA	Bill & Kathy Storm 563-355-2564
17-Oct	Sunday morning midpaced ride- Rock River loop to Hillsdale	40-45 miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Dick Wolbers 563-332-9906
17-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
20-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
23-Oct	Saturday morning midpaced ride- 46 & 62 mile options to SW Clinton County, lunch available at Don's Pub after returning	46 or 62 miles 14-16 mph	9:00 AM	Sportsmen's Park (ball diamonds), Donahue, IA	Darlene Moritz 563-386-1568

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

Membership—Totals		
Type	Memberships	Members
COMP	21	24
COUPLE	207	414
FAMILY	95	340
IND	333	333
LIFE	3	5
Grand Total	659	1110

Welcome New Members:

NewMember	Spouse	CityState	Phone
Byram, Robert	Mary	Davenport, IA	563-445-1250
Frazier, Steve	Lori	Auburn, IL	217-438-9108
Haney, Steve		Moline, IL	309-236-6561
Jackson, Mike	Jenn	Moline, IL	
Jordan, Kristin		Moline, IL	309-644-1644
Kline, Bonnie	Keith	Camp Hill, PA	717-802-6556
Larson, Donn		Port Byron, IL	309-236-2601
Limberg, Michael	Patricia	Long Grove, IA	563-285-1441
Matos, Peter	Susan	Bettendorf, IA	563-514-2805
Morgan, Cade		Coal Valley, IL	
Phlypo, Tim	Loree	Silvis, IL	309-752-9850
Shivers, Mary	Gary	Bettendorf, IA	563-505-5741
VanDerSchaaf, Steve	Betsy	Bettendorf, IA	563-508-2224
Weber, Dave		Jackson, WY	307-690-9358
Woods, Maurice		Rock Island, IL	309-230-3001

Reasons to Cycle Club Rides

By Ken Urban

- Get off the same old trails and out on the roads.
- Discover new routes and destinations.
- Meet interesting riders and form long friendships.
- Be challenged to ride faster & further.
- Gain confidence riding in a group.
- Rides for cyclists of all abilities.
- Train for other QCBC events such as OMRV, RAGBRAI, Heartland Century, etc.
- Receive advice from veteran riders.
- Explore exotic locations...Buffalo Prairie, Warner, Cable, Ulah, Hooppole, New Era, Sweetland Center, Argo, etc.
- Share conversation, stories, pie and tubes with fellow riders.

Seeking Pedalwheeling editor

I've been editing Pedalwheeling for four or five years now. Maybe it's time for some new blood. A monthly stipend of \$49 is available.

Anyone interested in taking over the newsletter can contact me at jchesserqc@gmail.com or club president John Harrington at jwhkh@gmail.com.

— Jackie Chesser

Quad Cities Bicycle Club

Membership Application

(Please print legibly using blue or black ink. Fill in all blanks.)

New Application Renewal Application

Membership Type Individual \$20/Year

Date of Application (mm/dd/year) _____

Couple \$20/Year

Family \$20/Year

Sponsor \$40/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

(Including Area Code)

(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 and Membership Directory (e-mail address also included). We have found this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter or in the Membership Directory, please indicate here:

Members normally get e-mail notification when the monthly newsletter is available on the Web site. If you prefer your hard copy newsletter be mailed by the US Postal Service, please indicate this here:

- Memberships in other Organizations:
- League of American Bicyclists League of Illinois Bicyclists Iowa Bicycle Coalition
 - International Mountain Bicycling Assoc USA Cycling American Bicycle Racing Adventure Cycling Assoc
 - Bikes Belong USA Triathlon Rails-To-Trails Conservancy Thunderhead Alliance Double "I" Cycling Experience
 - Velosport Racing Friends of Off Road Cycling Cornbelt Running Club
 - Other (List Here) _____

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping	<input type="checkbox"/> Advocacy <input type="checkbox"/> QC Triathlon
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Packet Stuffing
			<input type="checkbox"/> Cyclocross	<input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Race
			<input type="checkbox"/> Duathlons	Events
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Computer Work <input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Mountain	<input type="checkbox"/> Du-State-Du <input type="checkbox"/> Ride
			Biking	Leader
			<input type="checkbox"/> Racing/	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
			Training	<input type="checkbox"/> Heartland Century <input type="checkbox"/> Safety/Educate

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

Membership Application contd.

Waiver, Consent and Release of Liability

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

Admission of Risk and Liability Release:

In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC,) its officers, board of directors, members and volunteers, in the case of any accident, injury or damage of any kind. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

FOR MINORS: Parent or Guardian must agree to this waiver:

I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: _____ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

Individual Membership (Self) _____ Date _____

Couple/Family Membership (Self) _____ Date _____

Couple/Family Membership (Spouse) _____ Date _____

Parent/Guardian of Child <18 _____ Date _____

Please make all checks payable to: **Quad Cities Bicycle Club**
Please mail completed form 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 via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org> **Revised 3-114-10 dlm**

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

Sept. 11 — Heartland Century (Page 7)
Sept. 18 — Healthy Families Day (Page 4)
Sept. 25—Ride the Challenge (Page 3)
Oct. 2—Fall Tailwind Ride (Page 8)
Oct. 9-10—Fall Foliage Ride (Page 4)

Get out and Ride!

