



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — October 2010



## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

## Let's move back, but forward on RAGBRAI

The push is on. Everyone, it seems, wants to have RAGBRAI end in Davenport next year.

The Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI), the premiere bicycling event in Iowa (some say of the nation), has excluded Davenport, except for two times – the initial ride in 1973 and then one nine years later in 1982.

For almost 30 years the Quad-Cities has been off limits for the seven-day ride, held each year during the last week of July – perhaps because its Saturday finish generally coincides with the Bix 7 Road Race and Bix Memorial Jazz Festival.

But now we have a concerted push by many civic organizations to end the ride in Davenport.

Let's not!

I'm not being negative about the ride coming to Davenport, but having it end here is not a good idea

Why? It's a matter of home. Hardly any of the participants want to stay any time at the ending RAGBRAI city. They want to get back home. They've just been on their bikes for seven straight days and have had six evening party-like celebrations in a row. They're ready for a return to reality. They want to pack their bags and bikes and head out. Almost the last thing they think about is the ending city.

What that means is that very few of the approximately 15,000 riders will be eating at Davenport restaurants, staying at area motels, chomping at snacks sold by local charity groups, and – yes – downing beverages sold by local establishments.

They also won't be giving much more than a glance to the tremendous cultural, entertainment, and civic amenities that Davenport – and the entire Quad-Cities – has in abundance.

They will be gone.

Let's make a simple adjustment. Let's still bring RAGBRAI to Davenport – but on Friday night – with the ending city somewhere fairly close up or down the river.

If that were to happen, every restaurant here would be full of famished bicyclists. A bevy of charity groups – especially those dear Iowa church ladies – would be offering homemade, hearty meals to the hungry riders

In the evening, Davenport's LeClaire Park would be bulging with riders celebrating their long week of riding – and enjoying the great sounds of dixieland jazz from the Bix Fest. (Friday night is the night to party for RAGBRAI-ers because they know it will be all over with on the next day. Celebrate!)

But where will all the riders stay when most of the motel rooms will be booked to the Bix 7 runners? Well, where have they stayed all through the week of RAGBRAI? Not many were in the few motels in the overnight cities. A few were in private homes. But the vast majority were in tents, camping out in fairgrounds, school lawns, city parks – and doesn't Davenport have a Credit Island and a Centennial Park, both with acres of open ground?

Think of it: Riders come in tired and hungry on Friday after a full day of biking. They're led to a riverfront campground where there are portable showers and snack providers. They pitch their tents, grab a snack, take a shower, then head up the path to downtown Davenport.

Some take in the Figge, River Music Experience or casinos. Most head for a classy meal and a night on the levee for good dixieland music and friendly camaraderie with those they've ridden with all week.

It's a night to remember.

They fall asleep after having spent some great hours – and healthy cash – in a city they remember (not just take off from) - Davenport, Quad-Cities, USA.

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)  
 Vice President – Denise Duethman (309) 721-7276  
 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:

|                              |                                |                              |
|------------------------------|--------------------------------|------------------------------|
| 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.

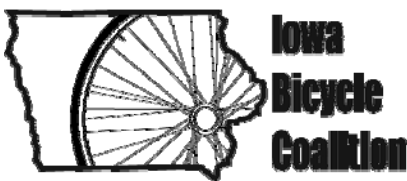
**Club Meetings:** Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

**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](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 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

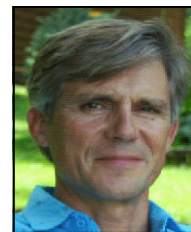
We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ 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



I almost cracked and used a windbreaker the other day. No way, it's still summer!

- **Awards Dinner.** We are trying some great, new things this year! Our speaker will be Dave Wiens, six-time Leadville 100 winner. Yes, he beat Lance one year. We are also having dinner at St. Ambrose in Davenport. I've enjoyed having dinner there in the past and think that you will too. Local bike shops also will be showing off their 2011 gear. Don't miss it!

- **Volunteerism.** Comedienne Lily Tomlin once said, "I always wondered why somebody doesn't do something about that. Then I realized I was somebody."

We are a club of many, dedicated volunteers. Each year, our core group of volunteers re-dedicates themselves to helping with a ride, a trash pickup and many of the activities we sponsor. I would like to see more of you "out there" helping to grow our club.

To set an example, I've asked each of our 12 board members to commit to three volunteer efforts for 2011. I'm now asking you, as a club member, to take the same pledge and volunteer in 2011. You can lead a ride, get someone to join our club, help out on our annual club rides (TOMRV, Spring and Fall Tailwinds, Chile Ride, etc.), pick up trash, write an article for the newsletter or just about anything that helps us grow. Feel free to contact me directly at [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com) with your idea.

- **Fred Blessin Memorial Update.** The benches and bulletin board have been ordered. Once installed, concrete blocks will be laid. We hope to have a ribbon cutting this fall.

- **Chili Ride.** The World Famous QCBC Chili Ride has been resurrected. Don Luth has volunteered to manage the event. We'll meet at the Middle Park Lagoon shelter as always on Saturday, Oct. 16.

## Back to Riding and Loving It!

By Jim Tiedje

I remember my first 10-speed bike. In 1965, my good friend Otto moved back to the QC's from California and introduced a few of us to his wheels.

Before long, there was a handful of us riding our bikes to high school, dealing with heckling from classmates who thought we were just weirdos. We wanted to be "different" and I guess we didn't mind the attention we got from it. I'm so glad Otto showed up that year.

It was in 1966 when we heard about a meeting being held at a biking enthusiast's home in East Moline for the purpose of promoting biking in our area. A gentleman who had transferred into Deere & Co home offices and who had been on the British Olympic Team thought it a good idea to get more people interested in the sport.

It wasn't long after that evening that the first Criterium races were held in the Belgian village area. My friends and I agreed to add some local flavor, so the three of us, and two other participants, were in one of the first races.

It was a one-time around the track race. As luck would have it, I wiped out on the second corner. But, I picked myself up and still came in fourth out of five. That was the end of my racing days.

I was brave enough in 1974 to ride in SAGBRAI (the Second Annual Great Bike Ride Across Iowa). Memories of that race are of the rider with one leg who pedaled across the entire state and the guy with the 75-speed bike.

I remember well that at one of the rest stops, we heard that Nixon had resigned as president. Of course, in 1975 it became RAGBRAI III and the rest is history.

For a variety of reasons I slipped away from bike riding and got into other crazes such as marathon running and golfing. Why any sane person would want to run 26.2 miles for sport is beyond me to my present-day thinking. Golfing only leads to frustration and anxiety.

Fortunately, I kept my bike and last year decided to get back into riding. I'm back now and lovin' it!

I write at this time to say thank you to the many wonderful volunteers who stayed with the QCBC and made it what it is today. I enjoy being a part of the group rides and seeing some of the oldtimers.

I may be sounding a bit like Bill Wundrum, but I did want you loyal biking enthusiasts to know that someone really cares. My thanks goes to all of you who kept the QCBC alive and made it what it is today.

## Last call for Oct. 9-10 Wisconsin Fall Foliage Ride

By Deb Mathias

Just a reminder about the QCBC Fall Foliage ride Oct. 9-10 in Mt. Horeb, Wis. If you haven't made hotel reservation, do so immediately. A block of rooms has been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)). Call (888) 621-1884 or (608) 437-5545.

Rooms are also available at Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), next to the Military Ridge Bike Trail. Call (608) 437-3350. Check the Mt. Horeb website (<http://trollway.com/>) for Bed and Breakfasts..

There are two nearby parks for camping - 112-acre Brigham Park with a panoramic view about seven miles west of Mt. Horeb and Blue Mounds State Park, about 10 miles west., Call (608) 437-5711 or (888) 947-2757.

Bring non-cycling family members to enjoy Troll Walk (Carved trolls), Military Ridge Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway [www.littlenorway.com](http://www.littlenorway.com), Cave of the Mounds (608-437-3038)

Saturday and Sunday rides start at 9 a.m. from the Military Ridge State Park Trail parking lot in Mt. Horeb, which is about 150 miles from Davenport. Take Highway 61 to Dubuque, to Wisconsin Highway 151/18, to the first Mt. Horeb exit (Business 151/18). Go north to ID and right on ID into Mt. Horeb. The parking lot is about 1½ blocks south of ID, between S 1<sup>st</sup> and S 2<sup>nd</sup> streets.

Saturday's ride will be about 35 miles before a lunch stop, so eat breakfast and bring water bottles and snacks. The Mathiases will drive to Mount Horeb Friday evening, Oct. 8.

Mt. Horeb is close enough to drive up and back the same day if you want to ride just one day.

Mt. Horeb (<http://trollway.com/>) is known for life-size trolls carved into tree trunks scattered along 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 who prefer 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. For more details, contact Dean and Deb Mathias at (309) 787-6547, [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com), Dean's cell at (309) 737-8429; or Deb's cell (309) 737-8428.

We'd also like a head count of people who would like to attend the Italian dinner Saturday night. Non-riders are welcome to join us for dinner.

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- Unlock limiting beliefs to allow you to excel



HAMPTON HEALTH AND WELLNESS



## QCBC General Meeting on Oct. 19

The annual QCBC General Meeting, will be held at 7 p.m., Tuesday, Oct. 19, at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf.

All members and future members are welcome to hear two speakers, followed by pizza and pop.

Greg Duethman, who has a bachelor's in respiratory therapy and is an asthma and respiratory care educator, will discuss cycling and physiology that will address exercise bronchospasm (exercise-induced asthma) and other topics that may be limiting people's performance.

Dr. Peter Kaboli, director of Veteran's Rural Health at the VA Hospital in Iowa City, will discuss "Nutrition: on and off the bike."

## Letter to the Editor

Dear Editor:

The Quad Cities Convention & Visitors Bureau thanks the Quad Cities Bicycle Club for assisting in our community's extraordinary effort in hosting RAGBRAI director TJ Juskiwicz and his family Aug. 20-22, 2010.

Club officers and members John Harrington, Dixon Novy, Donnie Miller, and Darlene Moritz joined Bettendorf Mayor Mike Freemire at a special dinner with TJ to encourage him to select the Quad Cities as the endpoint as soon as 2011.

Our organization believes the metropolitan Quad Cities stands its best opportunity in nearly three decades to serve as the endpoint for RAGBRAI on July 30, 2011. We will attend the Saturday, January 29, 2011 announcement part in Des Moines in anticipation of a positive announcement for the Quad Cities.

Quad City Times Bix 7 race director Ed Froelich personally told TJ that he favored both events ending in Davenport. The Quad City Times gave its support with an editorial of invitation, a half-page ad welcoming TJ to the Quad Cities and printing TJ's own customized front-page for his copy of the Quad City Times outside his hotel room.

The cities of Davenport, Bettendorf, Rock Island, Moline and East Moline all proclaimed Saturday, Aug. 21 as RAGBRAI Appreciation Day. The Scott County Board of Supervisors earlier this year passed a resolution of invitation to RAGBRAI as well. Bi-State Regional Commission will consider a resolution of invitation in the near future.

QCBC was among Riverboat Development Authority, Genesis Health System, Downtown Partnership, River Roots Live, Davenport Levee Commission and other organizations which all rolled out the red carpet for TJ.

Floatzilla, the downtown farmers market, River Roots Live, the docking of Nina and Pinta at Oneida Street, the Central District Fall Meet of the Antique Automobile Club of America, and other events certainly demonstrated that the Quad Cities can host thousands of diverse visitors simultaneously.

MidCoast Fine Arts, photographer and QCBC member Ken Urban and the Mississippi Valley Welcome Center coordinated a showing of RAGBRAI photography with the opening reception on Saturday attended in person by TJ.

At the end of the day, TJ said he saw no reason why RAGBRAI could not end in Davenport on Saturday, July 30, 2011 and used the word "perfect" in describing riverfront amenities and capabilities to host RAGBRAI.

While some minimal research will be ongoing, there is not a lot to do between now and January 29 to further advance Davenport as an endpoint. The Quad Cities Convention & Visitors Bureau encourages the community to continue to show community pride and hospitality by preparing to serve on the various planning committees, to volunteer and to sponsor this once in a lifetime opportunity – Bix and Bikes -- to showcase Davenport and the Quad Cities to tens of thousands of special guests.

Steve Van Dyke  
Chairman, Quad Cities Convention & Visitors Bureau  
c/o City of Bettendorf  
1609 Grant St., Bettendorf, IA 52722  
563-344-4060, [svandyke@bettendorf.org](mailto:svandyke@bettendorf.org)

## QCBC Annual Awards Dinner



Friday, November 12, 2010

We are excited about this year's annual Awards Dinner. We hope you will join us. We have a new location at the Rogalski Ballroom at St. Ambrose, 2100 N. Ripley St., Davenport. Use parking lot No. 7 between Scott and Ripley streets.

Our speaker this year is Dave Wiens from the Topeak Ergon Team.

Dave has more than 20 years actively pro-racing, and being a team-manager and scene-connoisseur. He's a two-time U.S. National Mountain Bike Champion and multiple world-cup winner and was inducted into the Mountain Bike Hall of Fame in 2002. In 2008, Dave won "Leadville 100" for the sixth time in a row, defeating Lance and Floyd.

Mileage award recipients should contact Dave Thompson at [ultrabiker@sbcglobal.net](mailto:ultrabiker@sbcglobal.net), so you can be recognized for your accomplishments.

Social Hour with cash bar is from 6-7 p.m., with dinner at 7 p.m.

The awards program will be after our speaker.

There will be door prizes, and local bike shops will display their newest bikes and cycling items.

Cost is \$25 a person. Make checks payable to QCBC. Return forms and checks by Nov. 8.

Send registration and checks to:

Denise Duethman  
3425 Winston Dr. #2  
Bettendorf, IA 52722

Questions: contact Denise Duethman at (309) 721-7276 or e-mail to [neuromanager910@yahoo.com](mailto:neuromanager910@yahoo.com).

Name \_\_\_\_\_ Day time phone number \_\_\_\_\_  
Name \_\_\_\_\_

## Around the World Mileage Awards for 2010

### By David Thompson

It's that time again, to calculate your lifetime miles and see if you qualify for an Around the World award.

Awards are given for 25,000 (once around the world), 50,000 (twice), 100,000 (4 times), 150,000 (6 times) and 200,000 (8 times).

Plaques will be given at the annual banquet in November. If you can't make it to the banquet, we will get your award to you.

If you have reached one of these milestones, let me know by Oct. 31. I also will be compiling total miles for 2010, and printing them in the February Pedalwheeling. Send me the total miles you've ridden your bicycle from Jan. 1 to Dec. 31.

Also, send me the number of centuries ridden in 2010 plus your lifetime miles. I think it would be interesting to compare lifetime miles.

Let me know if you qualify for an Around the World award by Oct. 31, and submit total 2010 miles by Jan. 10.

For more information, contact me at [ultrabiker@sbcglobal.net](mailto:ultrabiker@sbcglobal.net) or (309) 764-5030.

## Chili Ride resurrected

The chili ride will be held Oct. 16, and start and end at the Bettendorf Middle Park Lagoon. The mid-pace ride will be led by Bill and Kathy Storm and the fast-pace ride will be led by Dave Thompson. Both rides start at 9 a.m. Contact Don Luth at (563) 381-3750 or [bluth429@msn.com](mailto:bluth429@msn.com) if you plan to ride.

We will provide chili, drinks, and cookies at noon. The cost is \$5.

## QCBC Fall Adopt-a-Highway

By Ken Urban

There will be a change in the schedule for the fall Adopt-a-Highway trash pickup. Traditionally, it was held the first Monday evening in October. But this year, it will be held at 4:30 p.m. **Sunday, Oct. 3.**

For several years, the club has helped maintain a two-mile stretch of Scott County Park Road (Hwy. 956). Please meet in the gravel parking lot west of the soccer fields near the intersection of F55 & 956.

Wear sturdy shoes, long pants and gloves. Volunteers will be rewarded with pizza after the work is done. Rain date will be Sunday, Oct. 10.

For more information, call Ken at (563) 326-3427.

## 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

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## Century Awards Are Here Again

By Vivian Norton

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 make a century easier.

Pick a great day with low/no wind and ride with other riders to make 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 your first century, contact Vivian Norton at (563) -355-1899 or [vjoan@q.com](mailto:vjoan@q.com). You will receive your award plaque at the annual dinner in November.

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**

|   |            |                                 |             |
|---|------------|---------------------------------|-------------|
| _____   | _____      | _____                           | _____       |
| <b>Print Participant's Name</b>   | <b>Age</b> | <b>Signature of participant</b> | <b>Date</b> |
| <b>(if under 18 years old, Parent or guardian must also sign below)</b> |            |                                 |             |

**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.

|                                 |            |  |             |
|---------------------------------|------------|--|-------------|
| _____                           | _____      | _____                                  | _____       |
| <b>Print Participant's Name</b> | <b>Age</b> | <b>Signature of Parent or Guardian</b> | <b>Date</b> |



## October 2010 Ride Schedule

|        |   |                          |         |  |   |
|--------|---|--------------------------|---------|--|---|
| 2-Oct  | Saturday morning midpaced ride- Riders' choice  | TBD<br>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<br>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<br>16-18mph  | 900AM   | Eastern Avenue Park, Duck Creek Parkway.                                 | David Thompson<br>764-5030, Gary Jones 359-5614 |
| 5-Oct  | TUESDAY- Women's Only Rides- midpace  | 17-30 Mi TBD<br>by group | 5:15 PM | Rapid City Boat Launch   | Kathy Ramp 309-738-8389                         |
| 6-Oct  | <b>Wednesday</b> 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<br>563-386-3499                  |
| 9-Oct  | Saturday morning Fast-Paced Ride, one stop.   | 50-60 Miles<br>16-18mph  | 900AM   | Eastern Avenue Park, Duck Creek Parkway.                                 | David Thompson<br>764-5030, Gary Jones 359-5614 |
| 9-Oct  | Saturday morning midpaced ride- Northern Scott County route   | 40-45 miles<br>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<br>16-18mph  | 900AM   | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.  | David Thompson<br>764-5030, Gary Jones 359-5614 |
| 10-Oct | Sunday morning midpaced ride- Riders' Choice  | 35-40 miles<br>14-16 mph | 9:00 AM | Colona Grade School, 700- 1st St., Colona, IL                            | Riders' Choice                                  |
| 12-Oct | TUESDAY- Women's Only Rides- midpace  | 17-30 Mi TBD<br>by group | 5:15 PM | Governor's. Middle Rd. Bettendorf, IA                                    | Kathy Ramp 309-738-8389                         |
| 13-Oct | <b>Wednesday</b> 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<br>563-386-3499                  |
| 16-Oct | Fall Chili in the Park Ride W/Mid-paced and Liesure groups.   | 50-60 Miles<br>16-18mph  | 900AM   | Middle Park Lagoon Bettendorf  | David Thompson<br>764-5030                      |
| 16-Oct | Saturday morning midpaced ride- Chili Ride  | 40-45 miles<br>14-16 mph | 9:00 AM | Middle Park Lagoon, Bettendorf, IA                                       | Bill & Kathy Storm<br>563-355-2564              |
| 17-Oct | Sunday morning midpaced ride- Rock River loop to Hillsdale  | 40-45 miles<br>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<br>16-18mph  | 900AM   | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.  | David Thompson<br>764-5030, Gary Jones 359-5614 |
| 19-Oct | TUESDAY- Women's Only Rides- midpace  | 17-30 Mi TBD<br>by group | 5:00 PM | Rapid City Boat Launch   | Kathy Ramp 309-738-8389                         |

## October 2010 Ride Schedule

|        |   |                             |         |   |  |
|--------|---|-----------------------------|---------|---|--|
| 20-Oct | <b>Wednesday</b> 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<br>14-16 mph | 9:00 AM | Sportsmen's Park (ball diamonds), Donahue, IA                           | Darlene Moritz 563-386-1568                  |
| 23-Oct | Saturday morning Fast-Paced Ride, one stop.   | 50-60 Miles<br>16-18mph     | 900AM   | Eastern Avenue Park, Duck Creek Parkway.                                | David Thompson 764-5030, Gary Jones 359-5614 |
| 24-Oct | Sunday morning midpaced ride- 3 hr out and back, Reynolds & beyond  | 40 miles 14-16 mph          | 9:00 AM | Rock Island Library-SW Branch, 9010 Ridgewood Rd, Rock Island, IL       | Kevin Smith 309-792-5613                     |
| 24-Oct | Sunday morning Fast-Paced Ride, one stop  | 50-60 Miles<br>16-18mph     | 900AM   | City Park off Rt 6 in Geneseo   | David Thompson 764-5030, Gary Jones 359-5614 |
| 26-Oct | TUESDAY- Women's Only Rides- midpace  | 17-30 Mi TBD by group       | 5:00 PM | Governor's. Middle Rd. Bettendorf, IA                                   | Kathy Ramp 309-738-8389                      |
| 27-Oct | <b>Wednesday</b> 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                  |
| 30-Oct | Saturday morning midpaced ride- Meet at bandshell, right off Duck Creek trail- Scott County route                       | 35-40 miles<br>14-16 mph    | 9:00 AM | Veterans Memorial Park, 1645- 23rd St, Bettendorf                       | Phil Schubbe 563-340-1660                    |
| 30-Oct | Saturday morning Fast-Paced Ride, one stop.   | 50-60 Miles<br>16-18mph     | 900AM   | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |
| 31-Oct | Sunday morning midpaced ride- Coal Valley, Orion, Sherrard  | 35-40 miles<br>14-16 mph    | 9:00 AM | Airport Park- south of QC Intl Airport on 78th Ave.                     | Ken Urban 563-326-3427                       |

## November 2010 Ride Schedule

|        |   |                      |         |  |                             |
|--------|---|----------------------|---------|--|-----------------------------|
| 3-Nov  | <b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop                 | 25+                  | 9:00 AM | Hardee's, 425 55th St. Moline                                  | Darlene Moritz 563-386-3499 |
| 6-Nov  | <b>Saturday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop | Determined by riders | 9:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) |                             |
| 7-Nov  | <b>Sunday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop   | Determined by riders | 9:00 AM | Hardee's, 425 55th St. Moline                                  |                             |
| 10-Nov | <b>Wednesday</b> Morning Combined ride, rides determine the distance, pace, includes breakfast stop                 | 25+                  | 9:00 AM | Hardee's, 425 55th St. Moline                                  | Darlene Moritz 563-386-3499 |
| 13-Nov | <b>Saturday</b> Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop | Determined by riders | 9:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) |                             |

**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              | 19          | 19      |
| COUPLE            | 212         | 424     |
| FAMILY            | 97          | 345     |
| IND               | 337         | 337     |
| LIFE              | 3           | 5       |
| Grand Total       | 668         | 1124    |

**Welcome New Members:**

| NewMember             | Spouse            | CityState       | Phone        |
|-----------------------|-------------------|-----------------|--------------|
| Bain, Katherine       |                   | Davenport, IA   | 563-514-3066 |
| Ballou, Steve         |                   | Oviedo, FL      | 407-756-6144 |
| Comeaux, Collen       | Chris             | Rock Island, IL | 309-507-1926 |
| Cronkleton, Alexander |                   | Bettendorf, IA  | 563-355-2811 |
| Foster, Steve         |                   | Morrison, IL    | 563-244-2418 |
| Frazier, Steve        | Lori              | Auburn, IL      | 217-438-9108 |
| Hamlin, Sharon        |                   | Silvis, IL      | 309-737-5264 |
| Hopkins, Bob          | Nicole            | Bettendorf, IA  | 563-210-1690 |
| Hughes, Anthony       |                   | Port Byron, IL  | 309-235-6200 |
| Kline, Bonnie         | Keith             | Camp Hill, PA   | 717-802-6556 |
| Limberg, Michael      | Patricia          | Long Grove, IA  | 563-285-1441 |
| Murphy, Malcolm       | Barbara           | Bettendorf, IA  |              |
| Oetgen, Randy         | Debbie            | Moline, IL      | 309-764-8218 |
| Quinn, Kristin        | Anthony Catalfand | Davenport, IA   | 563-333-6428 |
| Trotter, Pamela       | William           | Rock Island, IL | 309-794-3469 |
| Whitmore, Allen       |                   | Hillsdale, IL   | 309-269-1864 |

**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.

**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

## 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

Presorted Standard  
US Postage Paid  
Permit No. 3006  
Davenport, Iowa

RETURN SERVICE  
REQUESTED

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

**Upcoming events**

- Oct. 2—Fall Tailwind Ride (Page 7-8)**
- Oct. 3—Adopt-a-Highway cleanup (Page 7)**
- Oct. 9-10—Fall Foliage Ride (Page 4)**
- Oct. 16—Chili Ride (Page 6)**
- Oct. 19—QCBC General meeting (Page 5)**
- Nov. 12—Annual awards dinner (Page 7)**

**Get out and Ride!**

