



# PEDALWHEELING

Monthly Newsletter of the Quad Cities Bicycle Club—March 2007

## Local Talent



By Scott Swanson

You know how you sometimes watch someone and think "geeze, she's gonna be good," and it turns out to be true ... as if you get some sort of credit for recognizing the obvious?

Well, write down this name: Andrea Myers. And, following my penchant for stating the obvious, here's her story.

You'll be able to say "Hey, I remember reading about her" when you see her name in Velonews for slaying everyone in the Giro d'Italia Femminile or La Flèche Wallone or the Tour de l'Aude, won in 2006 by an American woman. I'd like to say the Tour Feminin or the HP Challenge, but sadly, those two events met their demise in 2003.

As I write, Andrea is settling into training with TargetTraining, based in Westport, Connecticut, as a Cat 2 neopro. A Quad-Cities girl born and raised, she started her cycling going nowhere fast, on a spin bike at the Davenport YMCA, an ex-marathoner coming back from a leg injury.



(Andrea Myers)

Donnie Miller (now owner/manager Donnie's Indoor Cycling Experience) was teaching the class and invited her to ride with the DICE team (Double-I Cycling Experience, sponsored by QCBC). Bruce Grell put her on a bike (which is now servicing its third or fourth racer since), and away she went.

We knew she had a motor; we just didn't know how good it was. In one of her first races, the Rolla Hellbender in Missouri, she rode the Cat 4 women's field off her wheel on a hill and then time-trialed her way home to a win. At the Gateway Cup races, she earned the nickname "the Red Diesel" because she was pulling the field around the crit course. She also won the ABR Cat 3 national crit championship in 2005. Andrea says she is "much happier about (her) 7th place at Downer's Grove in the 3/4's."

(Cont. on page 9)

### Note from the Board:

A club meeting will be held at 7 p.m. Tuesday, March 20 at Rivermont Collegiate in Bettendorf.

Donnie Miller of Donnie's Indoor Cycling Experience will be guest speaker. Donnie is an enthusiastic cycling coach and rider who recently opened his new business in Moline. He will tell us about the business and bring some CompuTrainers to show and let people try out. This isn't just for racers or fast-paced riders, but for anyone interested in a good cardio workout.

Pizza and soft drinks will be served. Come and meet some new faces.

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### Third annual Tour de Health ride planned

The third annual Tour de Health Bike Ride will be held July 21 in Whiteside County.

The ride, sponsored by the CGH Health Foundation and Edward Jones, includes a 27- and 50-mile swing through Deer Grove and Tampico, and a 7-mile short pedal along the Hennepin Canal near Rock Falls.

The 50-mile loop will go through Tampico, with a rest stop planned at the Dutch Diner (free pie will be offered). The 27-miler will wind south through Deer Grove. The family ride follows the Hennepin Canal for part of the course.

The 50-mile loop begins at 8 a.m.; the 27-mile ride at 8:30 a.m.; and the 7-mile Family Ride starts at 9 a.m. Cost is \$30 for either of the two long rides and \$1 per person for the Family Ride.

Registration runs from 7:30 a.m. to 9 a.m. at Rock Falls Middle School, 1701 12th Ave. Helmets are required. Participants will receive a water bottle and sandwich coupon for area restaurants, maps, pre- and post-ride snacks. There will be support vehicles on the route and rest stops with fluids, fruits and snacks.

Organizers hope to attract more riders from throughout the Midwest this year. A member of Lance Armstrong's Discovery Race Team has been invited to participate.

The event is designed to encourage more people and families to take up bicycling and to support those who already do.

The fundraiser benefits the CGH Health Foundation Health & Fitness Initiative, a Sauk Valley-wide effort to encourage people to alter their lifestyles through increasing physical activity, making healthy food choices, and weight loss.

Proceeds will help fund nutrition education and

exercise programs in the CGH Medical Center service area in partnership with schools, community centers, and other health agencies.

The Health & Fitness Initiative seeks to reduce the incidence of obesity in the area. Being overweight is a risk factor for heart disease, diabetes, stroke, hypertension, some cancers, sleep apnea, and other conditions.

For more information, call Rich Coon at (815) 626-1588, Jim McPherson at (815) 622-7948, or Teresa Smith at (815) 625-0400, ext. 4422. Or visit [www.cghmc.com](http://www.cghmc.com).



Those who attended a Jan. 27 hike at Loud Thunder Forest Preserve included Jim Hanson, Mary Ann Hays, Candy Moody, Marsha Johnson, Larry Junis, John Wessel, Ken Urban, Mike Middlemiss, Ken Werthman, Susan Wolf, Kathy Storm, Peg Newman, Rob Tyler, Mike and Sue MacKinney, and Jim Yoon.



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- Improves total body function
- Fewer visits to obtain lasting results
- Gentle, specific **NUCCA** adjustments
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*Hope deferred makes the heart sick, but a longing fulfilled is like the Tree of Life.*  
Proverbs 13:12

Heath Treharne, DC—QCBC Member

1804 Third Avenue, Rock Island, IL • 309.786.TREE (8733) • For more information visit [www.treeoflifechiropractic.net](http://www.treeoflifechiropractic.net)

**Welcome New QCBC Members! Charlie Sattler**

Name	City/State	Phone	Name	City/State	Phone
Jim Verhulst	St. Petersburg, FL	727-821-9195	Joel Pickar & Wendy Cohen	Iowa City, IA	319-358-8222
Joe Kleiss	Bettendorf, IA	563-344-0780	Dave & Glenda Berg	Genneseo, IL	309-721-4487
Michael Linn	Bettendorf, IA	563-332-4847	Kim Scheetz	Knoxville, IL	309-368-9054
Wade & Shannon Wurfel	Bettendorf, IA	563-514-5465	Roland Nentwich & JR Courtman	Worcester, MA	508-755-9231
Richard Vining	Clinton, IA	563-243-6096	Richard McNamara	Hillsboro, NH	603-464-0212
William Davidson	Davenport, IA	563-333-6607	Cheryl Houston	Hillsboro, NH	603-464-0212
Karen Ketelsen	Dewitt, IA	563-659-8306			

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

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

You can also view the newsletter online at [www.qcbc.org](http://www.qcbc.org).

**Membership Count: 12/18/06**

Number of:	Members	Memberships
Individual	382	383
Couple	339	169
Family	278	77
Complimentary	20	20
Life	7	4
<b>Total</b>	<b>1026</b>	<b>653</b>

## Different Strokes

By Heath Treharne

Are you involved in cycling because it's a fun to be outside, enjoying nature, getting in better shape and spending time with others in the same activity? Have you ever thought of cross training in a similar sport?

The Quad Cities Rowing Association is adding a new feature to its yearly program that might give you what you desire. It's introducing a Learn-to-Row class in March.

Those of you with your bikes still hanging in the garage because the weather isn't above 50 degrees, probably are thinking "no way, it's too cold."

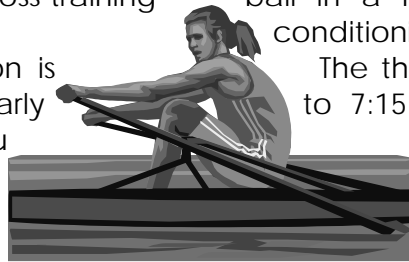
Well, here's the twist. We're teaching a Learn-to-Row class on indoor trainers. Actually, this is the best way to get started in the sport because it gives easy access in instructing you how to row before you jump in a boat that's up to 65-foot

long, yet only about 24 inches wide.

After the class, when the weather breaks, the rowing club will have special sessions so you can put on your water wings and have a ball in a new sport to complement the conditioning you gain from cycling.

The three-week class will be from 6:15 to 7:15 p.m. Mondays and Thursdays, starting March 12<sup>th</sup> at the Quad Cities Rowing Associations boathouse in Moline. Each class will build on the last, so plan on attending each session. The cost is \$30 for the entire program and is limited to 12 people.

For more information, visit the rowing club's Web site at [www.qcra.org](http://www.qcra.org), call Heath Treharne at 309-786-8733, or email name and contact information to [nucattree@yahoo.com](mailto:nucattree@yahoo.com).





## From the Headset:

QCBC Business, & Recognition.  
By Dean Mayne, QCBC president

During our January board meeting, our esteemed vice president, Phil Schubbe, suggested opening with something a little different - a meet and greet.

Phil thought it would be a great opportunity to relax and get to know one another. This allowed new board members to share some of their experiences and expectations. It also allowed returning members to explain their duties and commitments. It was a great way to start the meeting, warming up the team with a revived sense of cooperation and purpose. Thank you Phil.

Charlie just celebrated 25 years as QCBC's Chief of Circulation. Now that is dedication and service! Way to go Charlie!

Charlie reported 15 new members in December: one 20- year-old woman, and 14 40+ men and women. He said we're circulating more than 650 newsletters, 225 of them out of the area, and the other 425 nearly equally split between the Illinois and Iowa QCA.

Charlie blew us away with a couple of ideas that could save the club several hundred dollars on mailing and printing of the annual ride schedule and newsletters.

Growth & Recruitment Committee to be considered. We are always looking for ways to grow and improve. We've been considering ways to solicit advice from members and looking over membership data to evaluate whether we are meeting the needs of our cycling community. New board member John Harrington has voiced a keen interest in developing this tool and would appreciate your opinions and advice.

Community Service Committee: QCBC '07 donations increased to \$8,894, up more than \$1,500 from FY '06. Terry Burke provided an article to the February '06 Pedal Wheeling with the details. This gives a real sense of how involved the QCBC actually is, not only in promoting cycling, but with protecting and promoting our community. This is truly something we all should be proud of.

Ride Schedules: hard copy vs. e-copy? How can we save dollars and trees? Board member and businessman Frank Beshears gave a report on our upcoming '07 Ride Schedule. He again wondered if it was possible to reduce circulation costs by encouraging members to use the QCBC Web site. This most certainly would cut down on the number of printings and mailings.

However, most board members admitted being very attached to their pocket-sized companions for ride schedules and resources.

If you have an opinion regarding the '07 ride schedule, please contact Frank. A possible compromise could be reached if e-savvy club members contacted Frank to let him know if they did not need a bound version of the ride schedule mailed to their homes. Or if web site information needs to be improved.

Terry Burke is gearing up for the '07 Criterium. He has cut his teeth on the '07 QCBC budget and now has his game face on. Terry announced that Criterium Financial will be this year's primary sponsor.

During preparations for the QC Criterium, this project becomes Terry's full-time job, to which he dedicates more than eight hours each day. So how's retirement Terry? All this hard work must be what keeps him so surly and fit. He may not hear this enough, but Thank You Terry for all your hard work, devotion and passion for cycling and QC Criterium!

The Metro Mapping Team is sprinting toward the finish line with its first version of the QC Metro Cycling Map: Commuters and Users guide. The first version will be presented to the general public very soon (probably before the circulation of this edition). The idea was to provide a guide for visitors and potential commuters. The intent was to get people on their bikes, with efficient routes to schools, shops, parks, museums and rural cycling routes. This bolsters our local economy, reduces energy costs, promotes wellness and community awareness.

It's been a dream come true to see local riders sparring and sharing their riding experiences. Chuck Oestreich had this vision more than 12 years ago, but until recently, circumstances were not ripe for a serious push for two-wheeled independence. With help from LIB and local sponsors, this new map and riding resource should be available before April. Members will be notified via club e-mail of our upcoming public meetings.

If you are a serious cycling sponsor and would like your business represented on this resource, please contact Chuck Oestreich.

IOWA Bike Summit Feb. 2: Dean Mathias and I attended this year's Summit in Des Moines and were literally blown away by the arctic winds, but more so by what we learned. Lots of terrific bike advocacy, project fundraising, city, street and trail planning groups were represented. Check out our article in this newsletter.



## Iowa Bike Summit

By Dean Mathias

Dean Mayne and I went to the second day of the Iowa Bike Summit held in Des Moines Feb. 1 and 2. The Friday sessions had less focus on engineering aspects. It was worth every penny, and was \$75 cheaper.

The Summit is sponsored by the Iowa Department of Transportation and Iowa Bicycle Coalition. Milly Ortiz of IDOT and Mark Wyatt of IBC did a great job. During breaks, participants could interact and discuss experiences.

One participant told about an Iowa highway that had the sweetest rumble strips, because they were gapped to allow bicycles to move between them.

Presentations using LIB's calculator for Bike Level of Service (BLOS) by Chandra Ravada, and Bike Compatibility Index <http://bikelib.org/roads/blos/blosform.htm> used in Johnson County were an eye opener. They helped determine rideability of roads, and we should be familiar with them.

Jaime Tunnel of Synder and Associates from Iowa City used categories to describe type of rider level comfortability. Levels were A=Commuter, comfortable riding with traffic, B=Prefers to ride on trails, C=Children riders.

The new Safe Routes to School program is drawing a lot of interest. More than 90 applicants are seeking money from the program, which helps communities make walking and bicycling to school safe.

The program has funding available for a variety of programs and projects, from building safer street crossings to establishing programs that encourage children and parents to walk and bicycle safely to school. <http://safety.fhwa.dot.gov/saferoutes/index.htm>.

Kathy Ridnour presented and is the coordinator at IDOT. [Kathy.ridnour@dot.iowa.gov](mailto:Kathy.ridnour@dot.iowa.gov)

The "Complete Streets" concept should be a must for the QC. Complete streets are designed to enable safe access for all users - pedestrians, bicyclists, motorists and bus riders.

Dominic Liberatore of the Thunderhead Alliance offered advice to any initiative from the QCBC. He's at <http://www.thunderheadalliance.org/index.asp>

Iowa has a two complete street programs. In Cascade at <http://www.iowabicyclecoalition.org/cascade.htm> and Johnson County. Johnson County is using the LIB

calculator to identify road usage. Kent Ralston from Johnson County was presenter. <http://www.iowabicyclecoalition.org/resources/completestreets.htm>

The Complete Streets program has been adopted by Chicago, and ties in well with the Sierra Club's "Cool Cities" <http://www.coolcities.us/learnmore> program.

Mayor Schwiebert of Rock Island has signed the Mayor's Climate Protection Agreement to take a leading step into the program.

Richard Moeur of the Arizona Department of Transportation discussed several topics. He's not only an engineer, but an avid bicyclist. He said very few accidents are from cars overtaking bicyclists.

Dooring accidents, where an opening car door and a bicyclist connect, led to discussion of a new road-marking system tested in San Francisco. Shared bike lane markings have been tested where parked cars are part of the picture.

The marking provides a biker a dashed line and symbol away from the car doors. The second site below shows the marking. The first Web site below introduces the speaker we heard and testing in San Francisco. Main Street may be a possibility for this. <http://iowabike.blogspot.com/2007/01/ntuctd-approves-shared-lane-marking.html>  
<http://members.cox.net/ncutcdbtc/accomp.html>

Tom Welch of the Iowa DOT discussed three-lane highways. Changing a busy four-lane road into a safer three-lane road for cars, pedestrians and bicyclists, with a center island lane has been successful in reducing accidents.

Our DART (Des Moines Area Regional Transit) bus trip showed how bikes were loaded and unloaded and how Des Moines has commissioned artists to create bicycle racks on their streets using a wide and creative variety of objects. [http://www.dmmta.com/programs\\_bike.html](http://www.dmmta.com/programs_bike.html)  
<http://www.dero.com/news.php>.

Let's commission some artists to make bike racks from Chad Pregracke's river bounty. We learned that the bus company could identify how many riders were using the system. The QCBC should check with MetroLink and see what's happening with our usage, to determine trends.

Bike to Work Week in May is a big thrust of Des Moines Bicycle Club and Angie Dalton was twisting our arms to light a fire for the event in our area. Any takers?



# Bits-n-Pieces

The first hike of the year was a tremendous success with 22 people plus two Labrador retrievers (Mia and Becca) showing up to the hike in Blackhawk State Historic Site. I don't know who had more fun, us or the dogs. Blackhawk Park offers mildly hilly terrain with beautiful river views on the south side and well maintained trails on the north side. After 1 ½ hour hike, we were treated to a guided tour of the museum where we learned interesting facts about the Sauk and Mesquakie (Fox) Indians who inhabited the area from about 1730 to 1831.

Those who attended were Ken Werthmann, Denise McDermott, Jean Miskowicz, Peggy Newman, Rob Tyler, Todd Buenting, Christa Buenting, Ken Urban, Megan Kazinski, Jeff Kaczinski, Jerry Lack, Cathy Lack, Jenni Trego, Gary Jones, Susan Mackie, Mike MacKinny, Susan MacKinny, Sandy Fritz, Sheri Fieweger, Kathy Storm, John Hoffman and John Wessel.

Join in the winter fun and make it to a club hike.

Someone is needed to organize the annual February Tour of the Islands bike ride, including getting supplies for the sag stops.

The leader doesn't have to ride because the tour is along the bike paths and islands on both sides of the river.

It starts at the Ben Butterworth Parkway/Case parking lot, goes to a sag stop on Campbells Island, then back down the path to a sag stop at Sylvan Island, before crossing the river and going around Credit Island for another sag stop, ending at the 11th St. Grill in East Davenport for food and whatever.

Like a poker run, riders get cards at each sag stop to make a poker hand, and the ride leader determines who wins. Sometimes, there's a winner for best and worst hands, sometimes the best two hands. The winners get their food paid for.

The leader needs at least one person to help with the sag stops. The leader does Campbells Island and Credit Island while the helper does Sylvan Island and meets the riders in East Davenport.

The ride has been canceled the last three years because of bad weather.

Anyone interested in taking over the Island tour should contact Jerry Kruse at [krusin@hotmail.com](mailto:krusin@hotmail.com)

Advocacy, rides, and more - for further details, check out LIB's website, [www.bikelib.org](http://www.bikelib.org)  
Illinois Senate Bill 80 LIB has proposed three changes to Illinois traffic law:

1. Require that vehicles leave a minimum of 3 feet clearance when passing bikes
2. Clarification that bikes do not have to stay close to the curb where right turns are permitted
3. Permit the option of using the right arm and hand to signal a right turn

LIB's Route 66 Trail-Breaking Event - Be part of history June 2, by biking at least one of 13 segments of Illinois' new 369-mile "Route 66 Trail" bike route. Converge at one of six Route 66 towns for noon ceremonies to promote the trail's development. Reserve a T-shirt by registering early for the free event at [www.bikelib.org/route66](http://www.bikelib.org/route66)

The fifth annual GITAP bike tour June 17-23 - Explore Illinois by bike! This year's "Three Rivers Ride" loop follows parts of the Illinois, Rock, and Fox Rivers, using quiet roads and pleasant trails. Overnights are at Illini, Starved Rock, Lowden, Rock Cut, and Chain O'Lakes State Parks, with a motel option available. Bike from 325 to 565 miles. A limit of 150 riders. Sign up at [www.bikelib.org/gitap](http://www.bikelib.org/gitap)

New LIB "Pedal Illinois Power" jerseys now available in sizes XS to XXXL. Visit [www.bikelib.org](http://www.bikelib.org). Discounted price for current LIB members.

Annual "Bike Month" license plates - Show your support of bicycling, and help fund bike advocacy efforts in Illinois, with our Secretary of State-approved specialty plates. Display them on your car during the months of April and May. Or-

(Andrea Myers cont. from page 1)

In 2006, Andrea moved to Team Kenda Tire, along with former DICERs Emilie Duchow and Deb Wood. She went back to Rolla and showed them in Missouri again, taking first in the women's 1-2-3 race at the Hellbender. She played well in Peoria by not only taking third in the women's Illinois State RR championship race, but came back the next day to take second in the Cat 3 crit race and the Pro-1-2 race.

Andrea cites her 23rd in the Elite National Championship and her eighth at Bensenville during Superweek (a race on the National Racing Calendar) as high points in the year.

She got special recognition from Team Kenda by being chosen for the Blue/Uvex team, a composite cat 3 team Kenda put together for Nature Valley Gran Prix. Emilie Duchow was on it, as well as other Kenda teammates and a couple girls from other teams.

NVGP has historically been (for women) a cat1,2,3 event, but now all NRC races will be 1,2 only. "NVGP was kind of my breakout race that showed me I could race with the pros," she said. "I was the only one on the Blue team to finish the stage race and had a decent placing in one of the road stages."

The story has come full circle. Andrea was recruited by TargetTraining to race against national-level pro teams such as Team Lipton, Colavita and Webcor. She'll be traveling to El Salvador for the Vuelta Ciclista Femenina El Salvador, a one day race followed by a five day stage race.

Andrea, as part of a six-woman team, will race in both, the start of a 25-race season for Andrea and TargetTraining. She has her eye set on improving her sprinting and climbing, and then translating those skills into some top-10 finishes.

Andrea always has a career to "fall back on;" she recently passed her exam to become a licensed physical therapist after graduating from St. Ambrose University. Along with her training and racing schedule, she's working as a physical therapist at a clinic near the team training center.

This may be one of the first times you see Andrea's name in print, but I guarantee it won't be the last. And when you see it, you'll be able to say you've been following her racing career from the start. She may have started on a bike going nowhere, but she's headed somewhere real fast.

# Wedding Announcement



Scot Schaar and Karen Nord are inviting bike club members to their wedding and reception on Saturday, March 31. They will get married at 2 p.m. at Holy Cross Lutheran Church, at Eastern Avenue and East Locust in Davenport. Immediately following the wedding, there will be an open house-style reception until 9 p.m. at the Duck Creek Lodge, on East Locust. Please RSVP Karen by March 18th so they know how much food and beverage to plan for. Call her at (563) 326-9113 or email [dalil splash@mchsi.com](mailto:dalil splash@mchsi.com). Best wishes to Karen and Scot.

# Tailwind Ride

Pedalwheeling • 2007



Tailwind Ride, May 5, 2007

This is a one-day century ride with the wind at your back. A bus will take riders out 100 miles and we will ride back to the Quad-Cities. Rain date is Sunday, May 6, rain or shine.

Sign up early as the ride is limited to the first 94 people. Deadline to register is April 24. You must be prepared to ride the entire 100 miles as we do not offer SAG services. We'll bicycle from one of four locations, depending on which way the wind is blowing.

Bicycles will be loaded onto a truck between 5 and 5:30 a.m. and everyone needs to be on the bus for a departure time of 6 a.m. We will leave from one of two locations, Ben Butterworth Parking lot near Case IH in East Moline or Scott Community College in Bettendorf. Please bring a blanket to protect your bicycle during transportation. You can reclaim your blanket at the end of your ride.

How do we know where to meet? The information will be posted on the QCBC website: [www.qcbc.org](http://www.qcbc.org) after 5 p.m. Friday, May 4. Or you can call (563) 359-8350 for a recorded message. If the ride is postponed to a Sunday departure, this information may be obtained in the same manner.

Be sure you are on the bus by 6 a.m. for a prompt departure. We will be traveling approximately two hours. Doughnuts and a drink will be provided during the bus ride. We also plan on making a potty stop along the way. We should arrive at our destination around 8 a.m. Cue Sheets will be passed out on the bus. Please check your Cue Sheet for the lunch location and serving times. A nice lunch will be provided at approximately the half-way point. Also, check your Cue Sheets for emergency telephone numbers.

The cost for the ride is \$22 per person. Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9th St., Moline, IL 61265. Any questions can be addressed to Jewel Bryan at (309) 762-4762.

Your Committee of Dave Georlett, Dave Lefever, Charles Curry and John Wessel have worked hard to bring you a great ride. Please join them.

## Application and Release Waiver for May 5, 2007, Tailwind Ride

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime Telephone \_\_\_\_\_

Here's my \$22.00. Register me for the May 5, 2007, Tailwind Ride.

Waiver:

I, the undersigned, knowingly accept and fully understand the inherent risk in bicycle touring. I understand and agree that I must wear my helmet at all times while riding the Tailwind Ride. In consideration of the Quad Cities Bicycle Club, I release its directors, officers, employees, agents and participants who may be performing official functions for this ride, from any and all actions, claims, demands and administrative proceedings, judgments or decrees, including attorney's fees of any kind that may arise from my participation in this ride, including damage to or loss of bicycle. I hereby consent and authorize Emergency Medical Treatment in case of injury and understand the medical costs will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in this event.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_



## Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type:  Individual \$15/Year

Renewal Application

Couple \$20/Year

Date of Application \_\_\_\_\_

Family \$20/Year

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_  
(Incl. Area Code)

Email \_\_\_\_\_

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

Membership in Other  
Bicycling Organizations

League of Am.  
Bicyclists

League of IL Bicyclists

IA Bicycle Coalition

FORC

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

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

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

### Liability Release—Signature Required

Individual Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (spouse) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian for Children under 18 \_\_\_\_\_ Date \_\_\_\_\_

Make all checks payable to: Quad Cities Bicycle Club.

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

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

Last Revised 9/1/06

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

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

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

## The Sylvan Island Stampede III

Friends of Off Road Cycling (FORC) will host a mountain bike race on Sunday, April 15 on Sylvan Island in Moline, Ill.

A few hundred mountain bikers from all around the Midwest will gather to race each other, test their skills and stretch their lungs.

Terrain of the island is unlike most race courses, with a mix of dirt, concrete, gravel, sand, woodchips and steel. A limited elevation of about 15 feet also makes the course very coasting unfriendly.

There were 75 races in 2005, and 150 in 2006. This year, FORC is expecting about 200 racers. All race participants will receive a free event T-shirt and a swag bag with products from the sponsors.

Registration is the day of the event, and the cost is \$25. This is a USA Cycling event.

Annual licenses can be renewed or you can buy a one-day license for \$5 at the registration tent.

There will be three races with four categories - novice, sport/women, and expert/masters. Electronic chip timing will be used, and a USA Cycling official will be on hand.

A children's race will break up the day with a mild loop through the island. Every young racer will be entered in a drawing to win a mountain bike, donated by Cycling for the Future.

This year's Sylvan Island race is made possible by donations from Healthy Habits, Quad Cities Bicycle Club, Century Electric and many other bicycle industry and local companies.

For more information, visit [www.qcforc.org](http://www.qcforc.org) or Jim Ghys at [fatirerider66@aol.com](mailto:fatirerider66@aol.com)