



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — February 2009

Parking: Beyond a Shadow of a Doubt

By Chuck Oestreich

We're shadowed constantly by shadows. Let there be a flicker of light and a solid object and – presto – a shadow appears. It's so common and unobtrusive that we hardly even pay it any attention.

But when the lights go out at night, or on one of those real cloudy, dour days, a shadow becomes nonexistent or insignificant.

However, we live constantly with one shadow that is almost impossible to negate. We can't shake it no matter how hard we try. It's irrevocably attached to our dominant form of transportation – the car.

Yes, even in complete darkness a car has a shadow – its parking space. It absolutely has to have a space when it stops, day or night. And that space – with an ordinary car, not an off-road vehicle - had to be a) hard surfaced, b) accessible from the public road, and c) available fairly close to a destination.

Let's face it, we can't go somewhere in a car and end up barging through fences into a sippy field.

No doubt about it, we need that 10 by 20 piece of concrete, blacktop or crushed gravel every time we start up our basic form of transportation.

But that shadow attached to our cars comes with a cost. Just who pays for the hard pavement, the 200 square feet of impermeable surface that every car must have?

The short answer is that, for the most part, we all do.

Sure, individual homeowners pay their way. They own and they've paid for their garages and driveways.

But how about the great many car owners who regularly park near their houses on our city streets? Who pays for that parking pavement? Yes, sometimes the property owners along the street have to come up with an increased assessment for a street improvement, but does it pay for the whole thing?

Businesses pay their way with parking lots for customers. It's a large expense, even more with modern storm water abatement requirements. Of course, the business has to make a return on its investment in that lot, so it has to charge a bit more for its products – or take away some business from a store or office without as much parking area.

Many residential streets carry two lanes of traffic. And that's usually enough. But many are four lanes wide. Why? For parking on each side. Even though it isn't even used much of the time, it has to be there simply because our cars need it. They can't go anywhere without their permanently attached shadows of needed parking pavement.

Even our parks and trails come with parking lots. Check out the new Sunderbruch Park in Davenport for a parking lot extravaganza.

Of course, there are other problems with our need – more than mania – for parking. Along with the water run-off into streams - and not into soil - our cars leak - gas, oil, grease. Don't believe that last? Go out to a parking lot and look down.

And the availability factor leads into the whole area of our fattening lifestyle. Parking close by eliminates walking of any distance. We fight for that close-in parking space while going to the spa or gym to lose weight.

This only touches the edge of the parking problem in America.

But one shadow is coming out of hiding that holds some promise for amelioration of the situation. And that is the lowly bicycle. Sure, bikes have to be parked; they also have shadows. But consider the differences:

A bike really doesn't need a hard surface. A bit of grass works just as well as hard concrete.

Bikes also don't have to be parked next to roads. They can go almost everywhere, sometimes by being walked - even occasionally on a sidewalk.

As for availability, the need for an open parking slot, are we joking? Sure, it's a problem at some places in Europe or Asia, but here in wide-open-spaces America, no way. You won't find two bicyclists fighting over a bike parking space.

Just remember as you slowly search the parking lots for that pavement shadow: you can't drive without parking.

But you can bike without much of it.

Key Contacts

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

Officers:

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

Board Members:

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

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

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

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

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com 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 - \$25, ½ page - \$50, and a full page - \$100.

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

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

Affiliated With:



<http://www.iowabicyclecoalition.org>



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



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

National Bike Summit – March 10-12
Come to Washington with LIB to speak up for bicycling on Capitol Hill as part of the National Bike Summit! With a new administration and new federal transportation bill looming, this will be our most important Summit in some time. For more information, call Ed at (630) 978-0583).



Let's Ride!

John Harrington
QCBC president

Great to hear from those of you riding and commuting outdoors. A tip of the balaclava to you! Even though it's winter, your club has lots going on in preparation for the upcoming biking season. New jerseys. Your board is creating a new jersey design with matching shorts. We are hoping that a local bike shop or two will stock and sell the new clothing to make purchasing easy for club members and the public at large this spring. More to follow!

Construction of the Bettendorf Riverfront Trail from the Isle (near the I-74 Bridge) to Riverdale will be from summer into fall this year. Of course any budget changes (+ or -) could affect this schedule.

New and renewing members soon will get the opportunity to receive an email notification to read Pedalwheeling online instead of receiving a mailed paper copy. Benefits to club members include cost savings to keep membership fees unchanged, less trees chopped down and increased usage of our great Web site QCBC.org.

Your board is developing a three-year plan for the QCBC. I welcome any ideas from members about the future direction of the club. I will provide updates of our plan to you once it is complete. Rest assured we are not going to make any radical changes. Our intent is to document our long-term goals and define the things that we will do in the next three years to achieve them.

Bicycle Friendly Communities. On Thursday, Jan. 29, a free public session on Bicycle Friendly Communities was held at the Genesis Adler Education Center.

Here's to a warmer weather forecast!

See you on the road.

Vintage Schwinn For Sale

For sale. Vintage 10-speed Schwinn tandem. Needs a tune-up, but otherwise in good condition. \$200. Call (309) 234-5921.

TOMRV Teaming with Live Strong this year

By Doug Truesdell, TOMRV coordinator

TOMRV is our club's annual weekend tour to Dubuque and back. Each year 1,500 cyclists come to ride, making this a major Midwest cycling event. This year, TOMRV will be June 13-14, and is shaping up to be a very good ride.

TOMRV is teaming with Live Strong. For each rider and volunteer on TOMRV this year, we are donating \$1 to Live Strong. So you will be eligible to get a Live Strong bracelet. What a great way to get started! You will also have an opportunity to donate to Live Strong beyond the \$1. If you are interested in helping us operate this new part of TOMRV, please call or email me.

If you have not ridden TOMRV before, then maybe this is your year. Signing up for TOMRV is a great way to encourage yourself to get into riding shape this summer. It is an excellent plan to ride TOMRV in June if you are considering RAGBRAI or another tour later in the year. Also, do you know that we have a shorter route that starts and ends in Preston, Iowa? Starting in Preston, the mileage is 40 miles less on both days. Registration begins on Feb 16, and you can sign up online this year at <http://www.qcbc.org/tomrv>.

If you are not inclined to ride the tour, then consider volunteering. Each year, more than 100 volunteers help make TOMRV happen. Call me or email me if you might be interested in helping with the tour this year. There are many hands to make TOMRV work each year, and our volunteers have a great time, often returning year after year. Most volunteers work on the weekend, but there are also many things to do in the weeks before the tour. We need many different skills.

I hope to hear from you. Contact me at tomrv_dt@msn.com or (563) 332-4503.



Pushing for Pedaling

Promoting bicycling advocacy
By Chuck Oestreich

The Times They Are A Changin'

Some 15 or so years ago, I went to the QCBC board with a request. I had fooled around with the idea of a Quad City bicycling guide. It would have maps, descriptions, cue sheets, etc.

The idea was to show possible bicycle routes through the cities. Within a quarter-mile of anyone's house, the rider could be on an interconnecting route that would take him or her anywhere in the area.

Being a recent retiree, I figured I had the leisure for the task. But I didn't want to go through all the effort and have nothing come of it, not even just a simple map. So I made an appointment to appear before the board.

They shot me down.

I can't remember the exact wording, but my dimming memory brings back something like this: "Hey, we're just a club of bicyclists who want to have fun on recreational rides. If we start getting involved in city riding, we might get into trouble with accidents, liability, irate motorists, etc. So, no, we won't endorse it and will certainly not fund it."

I put my tail between my legs, went home, and moped – and eventually got busy with other things.

But recently a new, more urban bicycle advocacy is coming to the fore in the Quad-Cities, with the QCBC board showing significant leadership.

Don't get me wrong, the primary purpose of the club still is recreational, and that's all well and good. We join a bike club to get in on the fun, meet fellow riders, find out about neat rides, and put a little pressure on authorities to keep bicycling viable across the countryside.

But now, for various reasons, the QCBC, along with bike clubs across the country, is discovering the challenge and joy of urban bicycling.

Our newsletter and Web site are alive with activism.

Many of us have joined the Quad Cities Transportation Advocacy Group (QC-TAG) and help with the various urban activities promoted by that group – whose major thrust is bicycling, although it also promotes transit and walking. The QCBC board has been a welcome partner with QC-TAG.

The board and many members are active in producing a Metro Bicycle Map.

And the board also is supporting formation of city bicycle task forces, which hopefully will culminate in the future with a big push for Bicycle Friendly Communities.

All the activity makes me optimistic. The fun club is changing and adding transportation to its recreational focus. And that just makes it more enjoyable for everyone.

Seminars Start for Adults Teaching Bike Safety to Kids

LIB has launched a series of 42 seminars around the state to help adults teach kids bike safety at bike rodeos or scout meetings, in school classrooms or assemblies, or at home. The 90-minute "Train the Trainer" seminars (www.bikelib.org/srts/training), funded by the IDOT Safe Routes to School program and REI, will be conducted February through April. To host or attend a session, contact Donnie Miller at (309) 737-8270 or bcycleracr@mchsi.com.



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2008 QCBC Mileage Report

POS	LAST	FIRST	TOWN	08- MILES	08- CENTURIES	LIFETIME MILES
1	Thompson	David	Moline, Il	14580	39	106318
2	Hawk	Rod	Moline, Il	11377	1	101758
3	Zaborac	Greg	Canton, Il Lake Seminole,	10983	38	184750
4	McGovern	Pat	Ga	10394	6	82214
5	Nivert	Joe	Chattanooga, Tn	10175	7	97925
6	Their	John	Parkview, Ia	8888	29	299433
7	Fitzgerald	Bob	Moline, Il	8126	0	110000
8	VanThorre	George	East Moline, Il	7662		
9	Harrington	John	Bettendorf, Ia	7554	2	
10	Georlett	Dave	Moline, Il	7303	1	50075
11	Mathias	Dean	Milan, Il	7200		
12	Haynie	Tim	Colona, Il	7027	5	
13	Scott	Tom	Rock Island, Il	6748	10	32000
14	Power	Warren	Davenport, Ia	6410	1	119560
15	McColum	Doug	Milan, Il	6000	2	52292
16	Jones	Gary	Bettendorf, Ia	5962	0	71000
17	Giudici	Mike	Davenport, Ia	5623	1	73647
18	Thompson	Melinda	Moline, Il	5600	1	51154
19	Curry	Charles	Moline, Il	5240		
20	Telle	Bill	Muscatine, Ia	5140	3	
21	Fellner	Phil	Milwaukee, Wi	4662	6	64272
22	Hamer	Don	Moline, Il	4612		14842
23	Grimm	Dick	Davenport, Ia	4610	1	32968
24	Cook	Lonnie	Muscatine, Ia	4567		35473
25	Bernas	Jim	Bettendorf, Ia	4530	1	4530
26	Moritz	Michael	Davenport, Ia	4511		
27	Jamison	Joe	East Moline, Il	4506	13	163000
28	Moritz	Darlene	Davenport, Ia	4406		
29	Hagener	Gary	Moline, Il	4259		
30	McCoy	Chad	Davenport, Ia	4200	4	38200
31	Haase	Lawrence	Davenport, Ia	4107	2	
32	Davison	Bill	Eldridge, Ia	4074		
33	Fitzgerald	Jan	Moline, Il	4057	0	
34	Mathias	Deb	Milan, Il	4007		
35	Detsch	Mike	East Moline, Il	4000	0	
36	McCarthy	Tom	Davenport, Ia	3918	17	
37	Boquist	Ken	Rock Island, Il	3781	0	27000
38	Porter	George	Hampton, Il	3607		
39	Coin	George	Bettendorf, Ia	3548		
40	Novy	Dixon	Moline, Il	3499	2	10015
41	Vincent	Dave	Port Byron, Il	3338	0	4486
42	Lund	Charles	Geneseo, Il	3332	2	7000
43	Schiff	Don	Princeton, Il	3310	0	9906
44	Storm	Kathy	Davenport, Ia	3302		

Mileage Contd. Page 6

QCBC MILEAGE 2008

POS	LAST	FIRST	TOWN	08- MILES	08- CENTURIES	LIFETIME MILES
45	Parker	Dave	Davenport, Ia	3285	14	67774
46	Round	David	Rock Island, Il	2985	0	42120
47	Donald	Barb	Bettendorf, Ia	2873	0	45304
48	Carlough	Bill	Moline, Il	2646		27140
49	Reins	Peggy	Niles, Il	2565	1	2565
50	Storm	Bill	Davenport, Ia	2132	0	
51	Buck	Tony	Davenport, Ia	1633	0	
52	Majetic	Dennis	East Moline, Il	1600	1	12386
53	Albright	Steve	Davenport, Ia	1169	2	2562
54	Jamison	Rosemary	East Moline, Il	762	0	7000
55	Haase	Beverley	Davenport, Ia	647	0	
56	Replinger	Bob	Rock Island, Il	550		
57	Young	Barney	Rock Island, Il	440	0	51706
58	Nelson	Doug	Bettendorf, Ia	375		
59	Replinger	Stacey	Rock Island, Il	330		
60	Hansen	Jim	Moline, Il	224	0	
61	Replinger	Zoe	Rock Island, Il	172		

Charlie says Thanks!

My name is Charlie Sattler. My wife Sharon and I recently started our 26th year as newsletter mailers.

When we first started, we had to correlate and fold each newsletter. This required several volunteers. In the meantime, the club secretary would print the labels after a count was complete, then the treasurer would issue a check to the postmaster.

We would then sort the mailings by zip code and separate them to be mailed to the desired post office. The bike club approved allowing the printer to correlate the newsletters shortly after I started my job.

I am not sure when, but a new position was made called membership. The membership person recorded all the members into a data base and also printed labels and sent reminders to members when their membership was to expire.

I decided to take this job thinking it would save me a lot of time. I never thought about computers and how little knowledge I had. With the help of other members I overcame all this and slowly learned to do the job.

Then recently, the club decided to add online registration. I didn't have a clue as to what to do. I was fortunate enough to find someone who had experience with databases like we have and made the necessary changes.

What Sharon and I have done over the years would never have happened if it wasn't for all the people who have reached out and guided us through all the changes.

We would like to thank all the volunteers who have been there when we needed them to ensure a job well done.

Join Women's Outdoor Club

By Kathy Storm

The Quad City Women's Outdoor Club is a new organization created by women, offering year-round high-quality outdoor activities, adventures and trips for area women. If you're looking for fun and active outdoor recreation that will test your limits and teach you new skills, you've come to the right place.

Activities we are involved include: hiking, cycling, rock climbing, skiing, backpacking, adventure racing, rappelling, zip lining, kayaking, camping, outdoor education, canoeing, snowshoeing, cross country skiing, etc.

The purpose of the club is to promote activities at all skill levels with an eye toward environmental awareness and education, safety in the outdoors and the development of the skills designed to encourage independence. A secondary purpose of the club's activities is to provide a pleasant social environment for women to network while pushing themselves to new heights.

Our membership dues are \$30 a year and run from January through December. Annual dues include a QCWOC t-shirt, monthly meetings and events, 10 percent discount at Active Endeavors, opportunity to participate in member-sponsored and insured activities (may include additional fees) and a 10 percent discount on classes and women's screenings at Trinity Medical Center.

For additional information, a list of Women's Outdoor Club upcoming events, message boards, list of board members and membership forms are available at www.qcwoc.com. Membership forms are also available at Active Endeavors in Davenport.

RAGBRAI XXXVII REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXVII article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 21, 2009.** Make check payable to: QCBC, RAGBRAI.

1. PERSONAL DATA (Please Print)

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

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? Road/MTB Tandem Recumbent Other
Please specify other _____

3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag	\$140.00
QCBC transportation/baggage fee (bus out & haul bags)	\$120.00
Baggage service only (find own way out)	\$65.00
Bus return to Davenport \$45.00	
Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$25.00
Des Moines Register "Premium Souvenir Pack" (RAGBRAI XXXVII poster and XL T-shirt)	\$40.00
RAGBRAI XXXVI Jersey (Primal Wear)	\$50.00
Jersey size SM _____ (35-37) MD _____ (38-40) LG _____ (40-42)	
Club Cut XL _____ (42-44) XXL _____ (44-46) XXXL _____ (46-48)	

Total \$

Register subscriber? Daily Sunday Daily & Sun Non-subscriber

Every rider must sign the liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXVII or in any of the activities associated with RAGBRAI XXXVII.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

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

PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$205 FOR "TAG" & BAGS; OR \$260 FOR BUS OUT, "TAG" & BAGS. ADD \$45 FOR BUS BACK TO DAVENPORT. ADD \$25 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$50.00.

NO TAGS, NO SERVICES PROVIDED.

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

Several Volunteers at work on Mid-Paced Ride Schedule

By **Kathy Storm**

The QCBC has been offering Mid-Paced Rides for eight years now.

These rides started as a request from club members who felt the Leisure Ride was a little too leisurely and short in distance for them. At the same time, the regular club rides on Saturday and Sunday often had riders who were too fast for them. So, the Mid-Paced ride category was born.

These rides are defined as those averaging 25 – 60 miles in length and an average riding pace of 14-16 mph. Obviously, we are riding slower than this when we are going up hills and faster than this when we have a tailwind or are riding downhill.

If you enjoy these mid-distance rides and your computer reads an average speed of 14-16 mph when you end a ride, then our group is the place for you. Our rides are offered Saturdays and Sundays April through October. This works out to about 60 rides a year.

In 2008, we tried something new in our ride schedule. We left a number of the rides open to “Riders’ Choice” for route and Ride Leader. This ended up not working out so well. It was really a matter of me not having the time to secure ride leaders for all these dates.

That has now changed because four club members approached me three months ago asking to get involved with scheduling Mid-Paced Rides.

Ken Urban, Eric Weeks, Mike Wilcox and Dick Wollbers have volunteered time this winter to help create the Mid-Paced Ride Schedule. If you would like to lead a ride or have an idea for a route, please contact one of these members or me.

We will be working to create the Mid-Paced Ride schedule about two months in advance so it can be incorporated into the monthly Ride Schedule Tim Carey now puts together for all club rides.

I have a much overdue “Thank you” due to the following club members who led Mid-Paced Rides in 2008. They were Tim and Margaret Carey, Deb and Dean Mathias, Bill and Kathy Storm, Paul Sullivan and Cindy Botrell, Ken Urban, Dave Weckel and Dick Wolbers.

"Never judge a day by its weather.
Sunshine is uplifting; rain, nourishing;
wind, exhilarating; snow, cleansing;
hail, stimulating.
Any weather is better than none."
-- author unknown

Membership—Totals		
Type	Memberships	Members
COMP	18	18
COUPLE	199	398
FAMILY	99	361
IND	421	421
LIFE	6	12
Grand Total	743	1210

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801 STATE ST BETTENDORF
allsports1@qwestoffice.net

RAGBRAI XXXVII - WAIVER

AGREEMENT, WAIVER & RELEASE OF LIABILITY

RAGBRAI XXXVII
July 19-25, 2009
The Des Moines Register

EACH ENTRANT MUST SIGN AN INDIVIDUAL WAIVER. FAXED WAIVERS WILL NOT BE ACCEPTED.
This form may be photocopied, however, faxed signed waivers will not be accepted.

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

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

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

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

If special arrangements are required for individuals with disabilities to complete and submit this form or if translation to another language is required, please contact T. J. Juszkiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 7, 2009. The Register will take those steps reasonably available to accommodate your request.

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

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

Printed Name _____ Date Signed _____ Unique ID _____

Signature Of Participant _____ Signature Of Parent If Entrant Is Under 18 _____

ALL PAPER APPLICATIONS MUST BE OR POSTMARKED NO LATER THAN FEBRUARY 21, 2009
MAIL TO: RAGBRAI Fees, 2833 Kelling St Davenport, IA 52804
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February 2009 Ride Schedule

Date	Ride	Dis- tance	Time	Meeting Place	Contact info
1-Feb	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
4-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
7-Feb	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
7-Feb	WINTER HIKE w/lunch at Arthur's Deli	About 2 hours of hiking	10:00 AM	Blackhawk State Historic Site, south side of Blackhawk Rd. near pedes- trian overpass	Deb and Dean Mathias 309 787-6547
8-Feb	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
11-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
14-Feb	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
15-Feb	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
18-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
21-Feb	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
22-Feb	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
25-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
28-Feb	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	

Check Web site for updates and additions to ride schedule format. Cont Page 11

March 2009 Ride Schedule

Date	Ride	Dis- tance	Time	Meeting Place	Contact info
1-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
4-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
7-Mar	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
8-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
11-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
14-Mar	Tour of the Islands - Ride around the scenic islands of the Mississippi	25	9:00 AM	Ben Butter- worth Pkwy near CNH	Joe Jamison 309 235-4284
15-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
18-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
21-Mar	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
22-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
25-Mar	Wednesday Morning Combined ride, rides determine the distance, pace, in- cludes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
28-Mar	Saturday Morning Combined ride, riders will determine the distance, pace and usually includes breakfast stop	Deter- mined by riders	9:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	
29-Mar	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Deter- mined by riders	9:00 AM	Hardee's, 425 55th St. Moline	

2009 Club Rides

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 P aced (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.

Welcome New QCBC Members!

Name	FirstName	SPOUSE	CITY	STATE	PHONE
Dalton	Ron	Teresa	Gadsden	AL	256-653-9526
Pigg	Annette		Tucson	AZ	520-747-0109
Pigg	Daria		Tucson	AZ	520-747-0109
Horst	Nicole		Denver	CO	303-905-1232
Flynn	Don	Mary Jo	Bettendorf	IA	563-340-4959
Halter	Bruce		Bettendorf	IA	563-343-4564
Johnson	David	Christine	Bettendorf	IA	563-355-7879
Pryor	Ron		Bettendorf	IA	563-343-5461
White	Robert	Marsha	Bettendorf	IA	
Burbank	Catherine	Brady Weller	Davenport	IA	563-370-0214
Hall	Jen	Pete De Kock	Davenport	IA	319-464-4450
White	Michael		Davenport	IA	563-322-6161
Schnittker	Ashley		Bloomington	IL	
Kessler	Grant		Chicago	IL	773-878-9838
Scott	Lincoln	Sophia	Coal Valley	IL	309-799-1269
Gerken	Jay		Moline	IL	563-505-4930
Nabb	Paula	Mike	Moline	IL	309-797-8412
Stengel	Charles	Bridget Chris	Moline	IL	
Thompkins	Jane	McKenna	Montgomery	IL	319-573-1049
Gaura	Anne Marie		N Aurora	IL	
Weiss	Rob		Woodridge	IL	630-910-5200
Rodgers	Renee		Lawrence	KS	785-691-9800
Thomsen	Alyn	Jeanne	Lawrence	KS	785-550-4083
Riley	Kevin		Grand Rapids Grosse Pointe	MI	616-365-3659
Pacini	Mariano	Marie	Wood	MI	734-658-2919
Zielke	John	Dana	Northville	MI	248-924-1300
Heneke	Erich		Stewartville	MN	
Scott	Emily		St Louis	MO	309-721-1594
Hunt	John		Long Branch	NJ	732-483-6357
Pine	Edward		Sewell	NJ	856-228-3761
Major	Andrew		Drexel Hill	PA	
Major	Andrew		Hershey	PA	717-460-4009
Herman	Mark	Nancy	Landisville	PA	717-892-1017

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application

Membership Type: Individual \$20/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 ensure 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

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Davenport, Iowa

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

Feb. 7—Winter hike at Blackhawk State Park
Feb. 21—Deadline to submit TOMRV registration
March 10-12—National Bike Summit in Washington

Get out and Ride!

