



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — August 2009



From left, Lonnie Cook, Bob Hayes, Jim Bixler, Steve Geering and Dave Humiston

Colorado dreamin,' and a lot of climbing

By Lonnie Cook

We woke up to a light sprinkle in Estes Park, Colorado on our last day of riding in the Rocky Mountains. We donned rain gear and warm clothing and left the Fall River (east) entrance to Rocky Mountain National Park at 6:30 a.m. July 3.

Ahead of us was a daunting 4,500-foot climb to get to the high point of the famed Trail Ridge Road; one of the few roads in North America that traipses its way above the tree-line for miles. Little did we know what lay ahead in the 21-mile climb to the Alpine Visitor's Center.

At our first stop, Rainbow Curve turn-out, a friendly driver coming from the other direction warned us that there was some serious fog ahead. He wasn't kidding! The fog kept getting thicker and thicker until we could only see about 50 yards in front of us. Our safety became paramount and we checked our flashing red lights on our rear saddle bags. Traffic was light this day due to the bad weather and what traffic was moving was going mighty slow, which was in our favor. Our biggest worry was a random elk wandering across the road in front of us.

When we reached the top, we were literally in the clouds and the temperatures were in the low 40s. After a short break at the visitor's center we stepped outside to find the fog was slowly lifting, there was clearing to the west and north, and the views from the top were worth the effort we had made this day.

The journey began five days earlier for our group of ragtag cyclists from Iowa. From Muscatine were Bob Hayes, Dave Humiston and Jim Bixler, along with Steve Geering (QCBC member) from Blue Grass and me, Lonnie Cook, also a QCBC member, from Muscatine County. After a 14-hour drive from Iowa, we settled into a condo in Frisco that would be our home for five days.

Dreamin' Contd. Page 3



Let's Ride!

John Harrington, QCBC president



Aside from one hot week in June, it's been a cool, wet summer. I'm keeping the arm warmers close by.

Women's Rides: Thanks to Josie Miller for leading our new Women's Rides. Nine riders enjoyed the "very positive environment and excitement" of her inaugural ride. Riders met at the east end of Ben Butterworth and rode the bike path either 20 or 40 miles, depending on personal preference. Stay tuned to our Web site - QCBC.org - for future rides. Club members, tell your friends, wives, daughters, sisters, etc. to come out and ride with like-minded women. Questions? Contact Josie Miller at MillerJosieL@JohnDeere.com

Senior Olympics: If you're old enough, consider racing in the Quad Cities Sr. Olympics 16-mile road race and 10-mile time trial next June. I've ridden the road race a couple times and had a blast each time. Experienced riders aged 50+ compete in a relaxed atmosphere. Big-time racing experience is not necessary. I'll remind you next year.

Du-State-Du: The 20th Annual Du-State-Du is Sunday, Aug. 16 at Loud Thunder Forest Preserve. The "Du" includes a 2-mile run, 15-mile hilly bike ride and another 2-mile run. The QCBC has supported this great event for years. Among the many divisions, there is a "Mixed" one for bikers that bring a runner friend. Please support the "Du" by participating (<http://cornbelt.org/r/du09app.pdf>) or volunteering (send me an email). See you on the road.

Dylan Smith, longtime RAGBRAI participant, dies in Denver

Dylan Hayes Smith passed away in his sleep in Denver on May 1, 2009. Dylan, who was born May 7, 1969, was an avid bicyclist who completed the first of many RAGBRAIs in 1981.

Dylan and his father, Kelly, loved RAGBRAI. They, and Dylan's younger brother, Hughes, were with the QCBC RAGBRAI charter for many years. For those who go back a few RAGBRAIs, Dylan and his friends are the ones who put someone's tent up on a Ryder truck.

Please share memories of Dylan and condolences by going to the Web site in his memory; www.dylanhsmith.com/guestbrook/

Dreamin' contd. from page 1

We began a systematic existence: rising before sunrise, eating a quick breakfast, cycling most of the day, showering, eating and sleeping and doing it all over again on the next day. And we cyclists call this "fun". We conquered 11 mountain passes -- Loveland, Fremont, Tennessee, Vail, Hoosier, Red Hill, Juniper, Squaw, Berthoud, Iceberg, and Milner. And then we went after the big "Holy Grails" of cycling -- Mt. Evans and Trail Ridge Road.

Mt. Evans is an enigma. Luckily, you can't see the top from the bottom or many cyclists would probably give up right away. The road up to Mt. Evans is the highest paved road in North America and tops out at 14,130 feet. Once you get to the parking lot at the top, you can walk another 134 feet to the actual summit at 14,264 feet.

We started the climb in Idaho Springs and, according to the Mt. Evans Web site, it's a 30-mile climb of 6,724 feet to the top. The oxygen level at the top is half of what it is at sea level. There is really no way to train for something like this in Iowa as our longest climbs are for the most part less than 1 mile and usually not as steep.

You need a light bike, the right gearing, a good cardio-vascular system, strong legs and lots of patience. You soon learn to find a pace you can maintain hour after hour. In 2007, I did this climb in 5 ½ hours, while this year I cut 1 hour off my original time with a lighter bike and being in better shape (never mind that the record is 1 hour and 41 minutes set by Tom Danielson). Reaching the top gives you a sense of accomplishment and the views on a clear day are awesome.

We had a great group on this trip and each person was able to accomplish their individual goals. No one had any problems adjusting to the altitude; although your power output at these elevations is going to be less than in Iowa. The biggest challenge I heard from the group was the length of the climbs, the gradient and that after you reach the top, the downhill sections come all at once rather than dispersed through the route like our rollers here in Iowa.

To see my daily journal and the pictures and detailed description of our journey, visit www.iowacyclist.crazyguyonabike.com.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

It broke and I didn't fix it.

This February, before going up the hill on an errand, I inadvertently pulled out the sensor wire from my bike computer. It was an internal rupture, not easily fixed.

Dang, I thought, now how will I know how many miles I will go from home to the Hy-Vee? Of course, I've made the trip so many times that the numbers 1.456 are permanently engraved on the little digital device. But how can I survive without being able to look down and see the number?

Then it hit me. Do I really need this much digital feedback on a bike that I use for just getting around town? It's not that I don't have a general concept of distances from my home to QC destinations? Do I need to verify those distances every time I ride out?

But, wait a minute! What about my daily totals? Even weekly? And the biggies - monthly and yearly. Should I pummel my Germanic heritage and go for broke - not keep meticulous records?

For the last 20 years I've noted every fraction of a mile in my record books. I even advanced to a spread sheet where I could record each day's tally - and it would compute totals and averages.

But then on May 16, 2007, I hit 100,000 miles. I achieved a life time goal. After resting on my laurels for a few weeks, I started to question - what's next? Another 100,000 - not in this lifetime. So I started having doubts about this obsessive collecting of mileage trivia.

By the way, almost all of the other functions of the bike computer were never really interesting to me. Speed? Big deal. You go down a hill quickly, right? Should I go faster just to see a higher number on the computer? Average speed? OK, that's somewhat interesting. On a long ride it can indicate the relative importance of wind or hills.

But when you change directions all over the place, what does it really mean? Tempo, cadence, calories used up? I gave up on these long ago. Do I need to strap myself-in to enjoy a bike ride?

So on that February day this year I made the momentous decision. I would forgo the computer on my city bike. (Yes, I did keep the one on my touring bike.)

I went up the hill without it and a whole personal legacy went down the tubes. I would never know my lifetime mileage, never have my exact total mileage at any time in the future.

But with that ache in my compulsive mind came something even more compelling - freedom. No more daily numbers. No more trying to round off a mileage total at the end of a riding day. No more trying to keep up with a weekly average.

I was into sheer biking freedom. The hundred pound electronic troll on my shoulder was now in my discard box in the garage. I was free to just go without concerning myself with numbers, distances, goals, etc.

It was a personal declaration of independence. After all, isn't that what bicycling is supposed to be all about - freedom?

Join the Camp-Out Ride Aug. 29-30

By **Darlene Moritz**

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

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

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

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

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

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

Racing for the donuts and the finish line

By Eric Weeks

What could bring more than 1,200 people to a small town northeast of St. Louis to race 32 miles into 20+ mph headwinds in the pouring rain? It wasn't the free t-shirt, but free donuts, all the free donuts you can eat.

I'm talking about the 21st annual "Tour de Donut" in Staunton, Ill., put on by the Boeing Employees Bike Club. This is an original copied by several other clubs around the country. The 32-mile race has two checkpoints, both with hundreds of glazed donuts, and for every one you eat, they take five minutes off your ride finish time. This sounded like the perfect event for me. I miss racing and love to eat, so I figured a three-hour drive was more than worth it.

I wasn't sure what to expect when I got there, but the sponsoring club members and volunteers were very friendly and packet pick-up went smoothly. There were all types of riders, from dedicated racers with fancy Time Trial bikes to kids with parents and everyone in between. By 8:45 a.m., the line of riders was more than two city-blocks long, with everyone chatting amicably.

A few minutes before the race start, the sky opened and it started to pour. Now that we all had our pre-race shower it was time to get moving. There was lots of cheering from racers and spectators as we all got the pedals moving. We had a Staunton Police cruiser for a pace car to lead us out of town. Being a fairly small town of 5,000, I was surprised to find the streets lined with cheering people. Even in the rain I think most of the town was there. It was a nice thing to see.

Out of town is when the race really began. It was raining so hard the drops looked as if they were coming up from the ground. The first checkpoint was 10 miles out in Prairietown. I got to the city park and there were donuts everywhere. I reached my goal of six, got my number marked by a volunteer with my total eaten and was back on the road in less than five minutes. I had another 10 miles of wind and rain to the next checkpoint.

Checkpoint two was in Warden and it took me just a moment to see the flaw in my plan to eat another six donuts. I struggled to eat just two. I had no appetite after the hard pace of the ride. I spent 15 minutes on just two donuts, netting a loss of time. I should have just taken a zero at that stop. Lesson learned.

A few miles outside of Staunton the monsoon quit and the pace picked up. Cheering bystanders were back in place lining the streets all the way through town as I came back in. There was a barbecue cook-off down the main street with race course right through the center of it. Even with all the donuts I had eaten, the smell was tantalizing. There were just a couple of turns and the sprint to the finish, and I had two riders in front of me to get around.

I finished in a total time of 1:59:52 with eight donuts eaten. My place in the whole field was 296th out of 1,204 riders. When the times for my age group came in, I was in 64th place for total time, and after they counted my donuts I was moved to 19th place. A fine result for someone who hasn't raced in 17 years.

Overall, I was impressed with the ride, minus the rain and wind. I will definitely go back next year. Maybe some other club members would like to take the trip and we can put together a team. But for now I don't plan on any eating donuts for a while.

For more info: <http://www.bebikeclub.com/tourdedonut/>

Mid-Paced Ride Schedule Updates

By Kathy Storm

The Mid Paced Rides have had a nice turnout this year. We have scheduled rides every Saturday and Sunday, April through October. These rides frequently feature a designated Ride Leader who has checked out a route in advance, often has a queue sheet and/or map photocopied and ready to pass out at the start of the ride, makes sure everyone gets a chance to meet other riders, has checked potential rest stops and encourages the group to stop and regroup as needed.

Pace on Mid Paced rides is an average of 14 – 16mph. Some rides may be a bit slower and some a bit faster; depending on the group that day, the route and weather. Our intent is to make sure you have a good day riding with others in the club and you become more familiar with various paved country roads in the area.

This year, Ken Urban, Eric Weeks, Mike Wilcox and Dick Wolbers have been working with me on a monthly basis to create the schedule. This has been a big help.

In August, Jerry Kruse, Jean Kelley, Dean Arney, Eric Weeks, Bill and Kathy Storm, Josh Eiben, Anne Fleischman and Mike Wilcox will be leading rides. Dean's Aug. 8 ride will be a long one filled with long hills. Anne will lead a "3 Hour Out and Back" ride on the 23rd and Mike Wilcox will lead a 7:30 a.m. ride on the 29th that will be on the trails and feature a group lunch afterwards at Front Street Brewery in downtown Davenport.

We look forward to having you join us on some rides in August, September and October. If you have a suggestion for a ride or would like to lead a ride, please contact one of us.

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



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



REGISTRATION FEES:

Long-sleeved Size: M___ L___ XL___ XXL___ **Which Ride?** (50___) (62___) (100___)

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

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

MAKE CHECKS PAYABLE TO: QUAD CITIES BICYCLE CLUB

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

Mail to: Scott B. Swanson
528 1st Ave
Silvis, IL 61282

For further Details Contact:

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

Please Print:

Name: _____

Phone: _____

Street: _____

City: _____

State: _____ **Zip:** _____

Club Affiliation: _____

Please see next page for the accident waiver.

ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all Event participants and volunteers)

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

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

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

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

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

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

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

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

Print Participant's Name	Age	Signature (if under 18 years old, parent or guardian must sign below)	Date
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PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

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

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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Join Deb and Dean on October Fall Foliage Ride

By Deb Mathias

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

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

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

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

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

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

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

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

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

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

Bring along non-cycling family members to enjoy points of interest in or near Mt. Horeb: Troll Walk (Carved trolls) Mt. Horeb Mustard Museum, Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway www.littlenorway.com, and Cave of the Mounds (608) 437-3038.

Ride the Challenge for Miracles Can Happen Boys Ranch

By Dick Grimm

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

This will be the fourth year for the ride, and hopefully the biggest year yet. Last year, we had more than 75 riders, double what we have had in the past. We had riders from Iowa City, Cedar Rapids, Davenport, Muscatine, Illinois and Wisconsin. Plus, we had some great weather.

The main point is, all who return or ride it for the first time, get to meet the boys from the ranch and talk to Jim and Cathy Fry about the ranch and what it has done for these young men.

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

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

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

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

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

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

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



Cornbelt Running Club
www.cornbelt.org



Quad City Bicycle Club
www.qcbc.org

Sunday, August 16, 2009 at 8:00AM in the Loud Thunder Forest Preserve
2 mile Run + 14 mile Bike + 2 mile Run Duathlon
Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

Race Director is Marta Verschoore (309)756-0751 or email Runfaster40@mchsi.com

Sponsors

Healthy Habits – Nutrition & Bicycles, Kaminski Pain and Performance Care, County Waste Systems, Inc., Fun Mart
Cycle Sales

Approved Helmets are required for the bicycle portion of the event!

“Commemorative Medals given to all finishers”
\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Male

Fat tire is a tire width over 1.90 inches

Age Group Division, Female

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Female

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, One runner and One Biker; applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/11/09)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.cornbelt.org after the event.

Name _____ Age (8/16/09) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____
Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

Circle one: Individual Du Fat Tire Male Team Female Team Mixed Team

Teammate's Name _____ Team Name _____

Entry Fee Per Person:

Early registration entry fee is \$29.00. Registration after 8/11/09 is \$34
CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

August 2009 Ride Schedule

1-Aug	Saturday Leisure Ride: Crow Creek Wildlife area to DeWitt for breakfast.	26 mi	8:00 a.m.	Meet at Crow Creek Wildlife (old hwy 61) Y68	Vivian Norton 563-355-1899 vjoan@att.net
1-Aug	Saturday Mid- paced Ride	40+ miles 14-16 mph	8:00 AM	Geneseo City Park, Geneseo IL	Jerry Kruse (563) 370-6975
1-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
2-Aug	Sunday Mid-Paced Ride to DeWitt for breakfast	25-35 miles 14-16 mph	8:00 AM	Soccer Fields off Scott Park Rd (just north of Mt Joy Rd), Davenport, IA	Jean Kelly 563-359-9508
2-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
4-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
4-Aug	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
5-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
6-Aug	Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
8-Aug	Saturday Leisure Ride. Cordova to Albany for breakfast and ride through Albany Mounds	24 miles (about)	8:00 a.m.	Meet at Cordova city Park, Hwy 84.	Vivian Norton 563-355-1899 vjoan@att.net
8-Aug	Saturday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
8-Aug	Saturday Morning Mid Paced Ride to DeWitt and Grand Mound.	60+ miles 14-16 mph	8:00 AM	Crow Creeek Park, Bettendorf, IA	Dean Arney 563-355-1282

August 2009 Ride Schedule

9-Aug	Sunday Morning Mid Paced Ride. Rider's Choice.	30+ miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St. Moline, IL	Determined by Riders
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11-Aug	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
12-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
13-Aug	" Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
15-Aug	Saturday Leisure Ride: Bettendorf to Buffalo for breakfast	24 miles (about)	8:00 a.m.	Meet at Leach Park, 12th St. Bettendorf	Vivian Norton 563-355-1899 vjoan@att.net
15-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
15-Aug	Saturday Morning Mid Paced Ride to Le Claire and Mc Causland. Lots of hills.	50+ miles 14-16 mph	8:00 AM	North Scott HS, Eldridge, IA	Eric Weeks 563-324-4938
16-Aug	Sunday Morning Mid Paced Ride to Edgington & Buffalo Prairie.	45+ miles 14-16 mph	8:00 AM	Southwest RI Industrial Park, 81st Ave. West & RI Expressway	Bill & Kathy Storm 563-355-2564
16-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
18-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

August 2009 Ride Schedule

19-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
20-Aug	"Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
22-Aug	Saturday Leisure Ride: Empire Park to Erie for snacks/breakfast.	22 miles (about)	8:00 a.m.	Empire Park border of E. Moline and Hampton.	Vivian Norton 563-355-1899 vjoan@att.net
22-Aug	Wisconsin road trip. Car pool up to Tennyson, Wisconsin [SW]. 70m ride along river and bluffs. Call or email for details.	70 miles 16-17mph	TBD	Car pool to southern Wisconsin.	David Thompson 764-5030, Gary Jones 359-5614
22-Aug	Saturday Morning Mid Paced Ride to Walcott. Breakfast at Grandma's at the Truck Stop.	40+ miles 14-16 mph	8:00 AM	Sunderbruch Park, Telegraph Rd, Davenport, IA	Josh Eiben 563-320-7167
23-Aug	Sunday Morning Mid Paced Ride. 3 Hour "Out and Back" ride.	35 - 40 miles 14-16 mph	8:00 AM	Crow Creek Park, Bettendorf, IA	Anne Fleischman 563-505-0655
23-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 754-5030, Gary Jones 359-5614
25-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
25-Aug	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
26-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499
27-Aug	"Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
Aug 29 - 30	CAMPOUT RIDE TO PALISADES PARK Ride the bike path to campout at the park; motel options available. Gear will be carried for you!	65 miles each way	8:30 AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Darlene Moritz 563-386-3499

August 2009 Ride Schedule

29-Aug	Saturday Leisure Ride: Meet trail head on State St., Bettendor ride to Argo.	24 miles (about)	8:00 a.m.	Trail Head, State St. Bett.	Vivian Norton 563-355-1899 vjoan@att.net
29-Aug	Saturday Morning Mid Paced Ride to Cordova. Ride with campout group for the start of their ride along the IL trail. Lunch at Front Street Brewery at end of ride.	50 - 60 miles 14-16 mph	7:30 AM	Parking lot by Lindsay Park Boat Harbour, Village of East Davenport.	Mike Wilcox 563-322-0946
29-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
30-Aug	Sunday Morning Mid Paced Ride. Rider's Choice.	35+ miles 14-16 mph	8:00 AM	Colona Grade School, Colona, IL	Determined by Riders
30-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614

September 2009 Ride Schedule

1-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
1-Sep	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
2-Sep	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
3-Sep	Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
5-Sep	Leisure Ride: Saturday: Ride to Donohue for a community pancake breakfast.	22 mi.	8:00 a.m.	Crow Creek Wildlife. F55 & Scott Co. Park Rd.	Information: Vivian Norton 563-355-1899

September 2009 Ride Schedule

5-Sep	Saturday ride to Donahue for Fireman's Breakfast	40+ miles	8:00Am	Emesis Park, Davenport	Eric Weeks 563-324-4938
5-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
6-Sep	Sunday morning Midpaced ride - riders choice	45+	8:00 AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	
6-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
7-Sep	Labor Day Ride, stop in McCausland for Firemen's pancake breakfast.	38 miles	7:00 AM	Eastern Avenue Park, Duck Creek Parkway.	
7-Sep	Labor Day Ride, stop in McCausland for Firemen's pancake breakfast.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
8-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
8-Sep	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
9-Sep	Wednesday Morning Combined ride , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
10-Sep	Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
12-Sep	Heartland Century - details @ qcbc.org	25,50,62, 100	6:30 - 11am	Illiniwek Park Hampton IL	Scott Swanson 563-940-2901
13-Sep	Sunday Mid-Paced ride to Geneseo & Atkinson	40+ miles	8:00 AM	Colona School, Colona IL	Jeff Boden 309-792-1585
13-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

September 2009 Ride Schedule

15-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
15-Sep	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
16-Sep	Wednesday Morning Combined ride , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
17-Sep	Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
19-Sep	Leisure Ride: Saturday: Andover to Bishop Hill	25 mi.	8:00 a.m.	Park at Andover City Park, hwy 81	Information: Vivian Norton 563-355-1899
19-Sep	Saturday Morning Mid-Paced ride to Reynolds and Edginton	40+ miles	8:00 AM	Southwest RI Industrial Park, 81st Ave West and RI Expressway	Tom Scott 309-788-9257
19-Sep	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-20mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
20-Sep	Sunday Morning Mid-Paced Ride 3 hr out and back	40+ miles	8:00 AM	Eastern Avenue Park, Duck Creek Parkway.	Ken Urban 563-3427
20-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
22-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
22-Sep	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
23-Sep	Wednesday Morning Combined ride , rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

September 2009 Ride Schedule

24-Sep	Thursday Evening Ride. After the ride, stop by "It's on the River" in Port Byron for dinner. The ride back to the boat launch parking lot is just 2 miles on the trail."	20+ miles	5:30 PM	Rapid City boat launch	
26-Sep	Leisure Ride: Saturday: Ride rural Scott County. McCausland for snacks	25 mi.	8:00 a.m.	Meet at Lancer's parking lot, Eldridge	Information: Vivian Norton 563-355-1899
26-Sep	Saturday Morning Mid-Paced ride to Candy Kitchen in Wilton	50+ miles	8:00am	Clark's Landing, Buffalo IA, park in lot 2 blocks east of rest.	Perm and Andy Horst 563-381-3488
26-Sep	Car pool to either Miracles Can Happen Challenge bike ride in Wilton, Ia or No Baloney ride in Brimfield, IL	TBD	TBD	TBD	David Thompson 764-5030, Gary Jones 359-5614
27-Sep	Sunday Morning Mid-Paced ride to Fulton using the trail	45+miles	8:00 AM	Boat launch, Rapid City IL	Dick Wolbers 563-332-9906
29-Sep	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-20mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
29-Sep	<i>Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
29-Sep	Women's Ride Women only for a fun filled mid paced ride	20-30 miles	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	Josie Miller (419) 388-3089
30-Sep	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

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 regrouping. 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

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

New Application
 Renewal Application - Please make all changes from last yr.
 Date of Application _____

Membership Type: Individual \$20/Year
 Couple \$20/Year
 Family \$20/Year

Name _____ Address _____
 City _____ State _____ Zip _____
 Phone _____ (Including Area Code) Email _____ (Please carefully print current e-mail address)

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

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

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

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

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

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

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

Liability Release – Signature Required

Individual membership (self) _____ Date _____
 Couple/Family Membership (self) _____ Date _____
 Couple/Family Membership (spouse) _____ Date _____
 Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.
 Mail completed form and check to: QCBC, ATTN: Membership, PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of next month's newsletter.
 Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>
 Last revised 2/18/09 and valid through 12/31/09

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

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RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

Aug. 7-9—annual PIGS Tandem Rally
Aug. 16—Du-State-Du
Aug. 29-30 — Camp-out Ride
Sept. 12—Heartland Century
Sept. 26 — Ride the Challenge
Oct. 10-11 — Fall Foliage Ride

Get out and Ride!

