



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — January 2010

## QCBC Hall of Fame

By Joe Jamison

Why does the QCBC need a Hall of Fame? We need it to remember achievement. How well do you remember? Let's find out.

Following is a quiz about bicyclists— most from the QCBC and some who rode before creation of the QCBC — who have excelled as riders. See how many you can name.

1. In 1987 this rider was the first and only QCBC member to officially finish Race Across America (RAAM).
2. This rider was the first and only QCBC member to compete in the Tour de France.
3. He is the only QCBC rider who has documented in excess of 300,000 miles of cycling.
4. He is the only QCBC member to register and ride every RAGBRAI.
5. He was the first QCBC member to finish Paris-Brest-Paris (PBP).
6. He is the only QCBC member to finish a 1200K brevet in four countries.
7. This Quad-Cities rider competed in the 1924 Paris, FR Olympics as a member of the American bicycling team.
8. In 1982, this QCBC female was included on the 7-11 (Southland Corp.) professional racing team.
9. In 1997, this Quad-Cities rider was accepted to the U.S National Racing team.
10. Long before the QCBC began, this rider of an "Ordinary" rode through Davenport and Rock Island in 1884 as part of his "Around the World On a Bicycle" adventure.
11. In 1973 this QCBC female won the National Road Racing Championship and the Quad Cities Criterium in 1973, 1974.

So, how did you do? (See answers on page 9) Get the point? It is unthinkable for the accomplishments of these riders to be lost to history, and for that reason, the QCBC board has approved creation of a QCBC "Hall of Fame" to honor those who have enhanced the reputation of our club through their accomplishments in racing, endurance, or adventure cycling (touring etc).

These people, and past recipients of the "Award of Merit" (for outstanding QCBC administrative and leadership service) will comprise this Hall. The first inductees will be announced at the Annual Awards dinner in 2010. Be thinking of someone you think should be considered for nomination. Contact Joe Jamison at [j-jamison@sbcglobal.net](mailto:j-jamison@sbcglobal.net) for an e-mailed nomination forms. The nominations will be reviewed by a panel comprised of Terry Burke, Errol McCollum, Kentley Loewenstein, Doug Nelson and Joe Jamison.

Hats off to Wally Mook, Bettendorf Public Works Director. Two friends and I recently were buzzed by a driver. We followed him and politely let him know what he had done. He told us we should not be on the road and he didn't have to obey Iowa laws because he was from Texas! I emailed Mr. Mook and suggested he install Share the Road signs along Devils Glen Road. He quickly agreed and had eight signs installed in less than a week. Fantastic! I almost got t-boned the next week near one of the signs. One can only hope drivers read the signs instead of their texts.



John Harrington

## Key Contacts

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

<http://www.qcbc.org>

### Officers:

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

### Board Members:

Ken Urban (563) 326-3427      Dave Thompson (309) 764-5030      Don Luth (563)381-3750  
Donnie Miller (309) 737-8270      Charlie Sattler (563) 391-3422      John Wessel (563) 359-8350  
Terry Burke (309) 797-3790      Tim Carey (920) 209-1984      Doug McDonald (563) 332-6774

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

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

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

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser or David Weckel, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. **Commercial ads are available at the following rates: ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.**

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

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual Membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



<http://www.iowabicyclecoalition.org>

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

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

### Editor’s note on picture submissions

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

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



## Let's Ride!

John Harrington, QCBC president



I hope you enjoyed those warm, early December days. The Farmer's Almanac says we are in for a coooooold winter!

We are all QCBC ambassadors. Please take every opportunity to welcome new bikers to our rides. Newbies range from bike path warriors to solo-riding triathletes. Every one of them can benefit from our club. So, please ride safely, invite your friends to ride with us and ask them to join our club. More members will mean more rides, club events and volunteers. Your efforts will make a difference!

**Fall Tailwind:** Dave Thompson has offered to organize and lead a Fall Tailwind ride this year. Spring Tailwind devotees rave about that ride; so you can expect the fall version to be just as exciting. Stay tuned for the date, routes and accommodations.

**Tour of the Islands:** Rumor has it that we will have a 2010 Tour of the Islands. Get those leg warmers ready.

**Meet and Greet Ride:** On Sunday, May 2, we will hold our annual club picnic and ride. This year's event will be a Meet and Greet Ride. Please bring a non-member friend to enjoy the meal, ride or both at no cost. We'll have membership forms at the ready.

### Remembering Y2K, The Millennium Challenge; Ultracycling news

#### By Dave Parker

It's a new decade, so I'd like to report on the Big Dogs Century Challenge – which started right here at the QCBC 10 years ago.

The first challenge was issued by none other than local ultracyclist Wayne Hanno in December, 1999, and set out the basic ground rules. That year, the challenge was known as the Y2K (remember Y2K?) Millennium Century Challenge and the basic idea was to ride a century a month for every month of the year 2000.

At that time, it was also stipulated that the rides had to take place in Iowa or Illinois, and had to be reported to the bookkeeper – Joe Jamison – by the end of the month following the century. There were quite a few QCBC members, 16 or so I believe, that took that challenge, and a good number finished with all 12 100 milers complete. That year, QCBC riders were joined by cyclists from as far as Canton, Ill. and Knoxville, Iowa, and our old friend, Jim Hanson led the pack with more than 50 centuries for the year.

After that year, a Web site was set up ([www.big-dogs.org](http://www.big-dogs.org)) where riders could log their centuries - all their miles, in fact – and the Big Dogs Century Challenge was born.

We expanded the rules to allow riders from anywhere, and eventually let them enter centuries from past months, but the primary rule remained the same - 100 miles a month; rain, wind or snow - for the whole year. We have had riders that completed the Race Across America (RAAM), Paris-Brest-Paris (PBP) and now 10 years later, five cyclists have not missed a month since the challenge began.

That challenge is ongoing. We're still waiting to see who will be the Last Dog Standing, but with the start of a new decade, we plan to offer a Century Challenge reboot! We are still working on the details, but if the challenge interests you, if you think you've got what it takes to ride 100 miles a month, fair or foul, check the Big Dogs Web site([www.big-dogs.org](http://www.big-dogs.org)) and find out how you can ride with the Big Dogs!

### Time to turn in totals - yearly, centuries and lifetime mileage

#### By Dave Thompson

I'll be compiling total miles ridden in 2009 and printing them in the February Pedalwheeling. However, I'll need your help to get it done.

Please send me your totals for 2009, your centuries ridden in 2009 and your lifetime mileage, if you know it. For those of you who submitted lifetime mileage last year, I'll do the calculating for you. The more people who participate, the more interesting it is.

It's strictly for fun and a great topic for discussion. Contact me by Jan. 10 at the latest. E-mail [ul-trabiker@sbcglobal.net](mailto:ul-trabiker@sbcglobal.net) or call me at (309) 764-5030 and leave a message.



## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

It's called "Walk and Roll," but that roll means a lot of rolling on two wheels.

The Quad Cities Transportation Advocacy Group (QC-TAG) wants to showcase the gains being made to make our communities more livable, and in the process make us more healthy.

It's presenting a free informational meeting Jan. 14, where you can learn the scope of QC efforts and many of the details. Representatives from each community will use projected maps and outlines to show what's going on in their cities with biking, transit and walking. Future plans also will be highlighted.

There will be brief presentations from Bettendorf, Davenport, East Moline, Moline and Rock Island.

Besides information from these five cities, presentations will be made from the following groups highlighting their alternative transportation incentives:

-**The Bi-State Regional Commission:** Denise Bulat will look at the big picture of QC alternative transportation., especially in relation to the Complete Streets concept

- **Quad City Transit:** Becky Passman will fill us in on initiatives for bus travel, including the innovative "The Loop," the downtowns bus connection.

- **The Quad City Passenger Railroad Coalition:** Take a speedy train to Chicago instead of boring interstates and the congested and confusing labyrinths of the city itself. Coalition chairman Paul Rumler will describe what's being done to make that happen.

Also acknowledged for their forward looking stance on alternative transportation will be: The Convention and Visitors Bureau, Joe Taylor; River Action, Kathy Wine; The Quad Cities Bicycle Club, John Harrington

The free program in the Community Gallery and Auditorium at the Figge Art Museum at River Drive and Harrison Street, Davenport, will begin at 5:30 p.m., Thursday, Jan. 14, with a social and snacks, followed by the program at 6:30 p.m.

We dare you to bike to the event.

The League of Illinois Bicyclists' director, Ed Barsotti, will present a seminar on "Introduction to Bicycle Planning" at 9:30 a.m., Jan. 15, at the Tri-County Regional Planning Commission, 211 Fulton St., Peoria, Ill.

The 2.5 hours session will cover technical aspects and strategic issues of bike planning, and familiarize attendees with car/bike interactions, relevant national standards, best practices, planning tools, related "political" issues, and policy techniques, tips on available funding, and implementation strategies.

City officials, staff and elected, are urged to attend, but interested bicyclists are also invited. The cost is \$25, but the fee is waived for LIB members.

For information and a registration form, visit <http://www.bikelib.org/bike-planning/bike-planning-instruction/continuing-education/>.

### Tickets selling fast for RAGBRAI Route Announcement Party

A RAGBRAI route announcement party will be held Jan. 30 at Hy-Vee Hall in downtown Des Moines. As of Dec. 14, 150 of 500 tickets had been sold. Tickets are \$30.

The evening will feature live music with a special acoustical duo performance by The Nadas, who have entertained RAGBRAI riders for many years including recent stops in Greenfield, Ames and Cedar Falls.

In addition to live music and the RAGBRAI route announcement, this special night will feature:

- \* Live and silent auctions on great cycling items
- \* Door prizes
- \* "Guess the Route" raffles
- \* Iowa Bicycle Coalition updates
- \* Complimentary RAGBRAI-style snacks and soft drinks
- \* Complimentary drafts (also a cash bar)
- \* Special commemorative souvenir gift

All proceeds from the event benefit the Iowa Bicycle Coalition, which builds partnerships, educates Iowans, and helps to establish safe and enjoyable bicycle transportation and recreation networks throughout Iowa.

## Grand Illinois Trail And Parks bicycle tour (GITAP)

By Chuck Oestreich

We “head for the hills” on this year's GITAP – to Galena and the unglaciated area of northern Illinois. The Grand Illinois Trail's northern leg promises great cycling (and not all hills), scenery, and state parks – along with our special blend of small numbers and large friendliness. Make plans now to enjoy an early summer vacation on a bike with us in northern Illinois.

The tour begins Sunday, June 13 and wraps up Friday, June 18.

Yes, this year's ride is a six-day ride. We will begin and end at Freeport's dramatic Highland Community College. From there, we're off to three outstanding state parks – Rock Cut, Lake Le Aqua Na, and Mississippi Palisades. In the middle of the ride is a two-night stay in lovely Galena – within walking distance of its historic downtown. Most of the route will be on roads that are part of the Grand Illinois Trail. The minimum distance this year is 260 miles for the week, but by taking extra loops, it will be possible to do 465 miles.

### Here's what to look forward to for 2010:

- A start and end at Freeport's Highland Community College – west on US 20 from I-90.
- Two photogenic lake-based state parks – Rock Cut and Lake Le Aqua Na
- One state park, Palisades, with superb views of the Mighty Mississippi.
- A two-night stopover at Galena's city park – complete with swimming pool.

### Of course, the ride includes all of the above, plus these basics:

- A loop ride – starting and ending at the same place – with free secure parking for the week.
- A route that follows the Grand Illinois Trail through its northern portion.
- Road options for trails without a hard pavement.
- Tent camping in state parks, with a motel package for the week available at additional cost.
- The possibility of camping on your own at Highland College on the night before the ride.
- Showers and luggage transportation provided.
- All breakfasts and dinners.
- T-shirt, emergency sags, bike repair, and refreshments stops when needed – with a jersey available for purchase.
- Nightly meetings with door prizes and ride information.
- A photo contest (Check our Web site for photos from previous years.)
- The unique-to-America **Velosophie** program – optional nightly discussions sponsored and led by the Illinois Humanities Council.

The ride is sponsored by the League of Illinois Bicyclists with support from the Illinois Department of Natural Resources. It's an all volunteer operation, with any profits going to support LIB and its state-wide bicycle programs.

GITAP is a small ride with a limit of 160 riders. Last year we were filled up by mid-March, so don't put off registration too long. Go to [www.bikelib.org/gitap/](http://www.bikelib.org/gitap/).

## Learn about making streets friendly to bicyclists

Ed Barsotti, The League of Illinois Bicyclists' director, will host a seminar on “Introduction to Bicycle Planning” in Peoria on Jan. 15.

The 2.5 hour session will cover technical aspects and strategic issues of bike planning, and familiarize attendees with car/bike interactions, relevant national standards, best practices, planning tools, related “political” issues, and policy techniques, tips on available funding, and implementation strategies.

The seminar will begin at 9:30 a.m. at the Tri-County Regional Planning Commission, 211 Fulton St., Peoria, Ill. City officials, staff and elected, are urged to attend, but interested bicyclists also are welcome. The cost is \$25, but the fee is waived for LIB members.

For more information and a registration form visit <http://www.bikelib.org/bike-planning/bike-planning-instruction/continuing-education/>.

## RAGBRAI XXXVIII REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXVIII article in PedalWheeling or online.

Use a separate form for each person. You may reproduce this form.

**WE MUST HAVE YOUR Registration, Check & Register Release forms by FEB. 20, 2010.**

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)	\$125.00
Baggage service only (find own way out)	\$ 70.00
Bus return to Davenport	\$ 50.00
Des Moines Register "Basic Souvenir Pack" (T-shirts - M, L or XL only)	\$ 25.00
D M Register "Premium Souvenir Pack" (RAGBRAI XXXVIII poster and T-shirt)	\$ 40.00
RAGBRAI XXXVIII QCBC 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)	
<b>TOTAL \$</b>	_____

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 XXXVIII or in any of the activities associated with RAGBRAI XXXVIII.

Signature of rider \_\_\_\_\_ Date \_\_\_\_\_

Sponsor's signature, if rider is under 18 \_\_\_\_\_ Date \_\_\_\_\_

Mail To: QCBC-RAGBRAI; c/o Dixon J. Novy 704 12th Street DeWitt, Iowa 52742

PLEASE NOTE: QCBC MEMBER MINIMUM COST IS \$210 FOR "TAG" & BAGS; OR \$265 FOR BUS OUT, "TAG" & BAGS. ADD \$50 FOR BUS BACK TO DAVENPORT. ADD \$25 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$50.00.

**THERE WILL BE NO QCBC SERVICES PROVIDED WITHOUT RAGBRAI TAGS  
IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR  
YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS**

**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 others, 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, including campgrounds, all risks along the route, and the negligence of others, including, without limitation, those persons organizing, sponsoring, or participating in RAGBRAI and/or events occurring in connection with it. 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 or others that host or assist in RAGBRAI and all related events, or may arise from negligence by them, and I 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 that provide event recommendations, advice or services relating to 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, assigns, and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind, including claims of negligence, 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/or any 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 above-identified persons and entities, including without limitation, their negligence, errors, omissions, fault, 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. I also waive all spousal claims relating to RAGBRAI, if any, that I hold or that may arise through me. I agree that no modifications or amendments to the standard Entry Form and 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. Juskiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 5, 2010. 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. Juskiewicz en El Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50306-0622 antes de 5 del Marzo, 2010. 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 (Office Use Only) \_\_\_\_\_

Signature of Participant \_\_\_\_\_

Signature of Parent If Participant Is Under 18 \_\_\_\_\_

**ALL APPLICATIONS MUST BE POSTMARKED NO LATER THAN FEBRUARY 20, 2010**  
**MAIL TO: Dixon J. Novy 704 12th Street DeWitt, Iowa 52742**  
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## January 2010 Ride Schedule

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

## February 2010 Ride Schedule

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

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### Answers to Hall of Fame Survey

- |                  |                    |
|------------------|--------------------|
| 1. Steve Gay     | 7. Victor Hopkins  |
| 2. Jeff Bradley  | 8. Jacque Bradley  |
| 3. John Thier    | 9. Sean Walker     |
| 4. Carter Lebeau | 10. Thomas Stevens |
| 5. Ron Freidhof  | 11. Debbie Bradley |
| 6. Greg Zaborac  |                    |

**Ride Classification:**

**Leisure Rides** – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

**Mid-Paced** – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October

**Mid Paced (3 Hour Out & Back Rides)** – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October

**Fast Paced** – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

**Rider's Choice** – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule

<b>Welcome New Members:</b>			
NewMember	Spouse	CityState	Phone
Brodsky, Jeffery	Debbie	Deerfield, IL	847-444-1306
Brown, Travis	Marilyn	Taylor Ridge, IL	309-798-5182
Chebuhar, Phil		LeClaire, IA	360-990-8690
Claeys, John	Keri	Blackwood, NJ	
Davenport, Rick	Julie	Davenport, IA	563-441-9639
Girnius, Rima		Davenport, IA	
Kurtz, Timothy		Cookeville, TN	815-425-8866
Pierce, Keith		Houston, TX	832-515-3512
Severs, Alex		Fulton, IL	563-593-7877
Suhl, Bruce	Tammie	Bettendorf, IA	563-210-4058

<b>Membership—Totals</b>		
Type	Memberships	Members
COMP	21	24
COUPLE	201	402
FAMILY	88	314
IND	352	352
LIFE	24	
Grand Total	664	93

**RAGBRAI for Rookies Seminar**

**By Ken Urban**

More than 50 people attended the “RAGBRAI for Rookies” seminar Dec. 1 at Front Street Brewery in Davenport. Attending were several out of town cyclists, including new member Wesley Poole from Sandusky, OH. Dean Mathias, Donnie Miller, Dixon Novy and Ken Urban presented basics of RAGBRAI, including the application process, preparation, safety and logistics. A slide show with music featuring hundreds of photos from previous rides gave the group a feel for the RAGBRAI experience.

Many attendees were not club members. The many benefits of joining the QCBC were shared and hopefully will result in additional riders to participate in the RAGBRAI charter and other club activities. Please share any ideas for future seminars or general meetings with the QCBC board.

### 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 Bicycling Organizations:  League of Am Bicyclists  League of Illinois Bicyclists  Iowa Bicycle Coalition  DICE  FORC

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

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

RETURN SERVICE  
REQUESTED

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

**Upcoming events**

**Jan. 14— QCTAG update (Page 4)**  
**Jan. 15— Introduction to Bicycle Planning (page 5)**  
**Feb. 20—RAGBRAI sign-up deadline (Page 6)**

**Get out and Ride!**

