



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — April 2010



2010 Modern Woodmen Bank Quad Cities Criterium

By Donnie Miller

The Modern Woodmen Bank Quad Cities Criterium will have some new twists at this year's Memorial Day event on Monday, May 31.

We'll hold the Quad Cities Bicycle Club's Great Big Bike Rodeo from 9 a.m. to noon that day. Bike safety will be taught to people of all ages, from small children to adults. Bring kids, bikes (or tricycles) and helmets to The District to learn some fun skills.

Also that day, kids will get to race their first criterium in the Roger De Langhe Memorial Kids

Bike and Trike Races during the noon hour. Mom and Dad can participate in the morning Beginner's races to see what it's like too.

We'll have enough other fun kids' activities in the rodeo area to last kids the whole day. We'll also have an expo with expanded vendor booths and cycling related points of interest, bike art and hopefully, a local celebrity surprise.

Some advocacy booths will show the future of cycling. The criterium also marks the end of National Bike to Work Month. With many activities throughout the month, everyone should be in the mood for a little bike ride to the races.

As a spectator or volunteer, ride your bike down and we'll provide secured bicycle parking behind the start/finish service with an attendant or two on hand. Check it in, and we will keep your bike safe while you work and enjoy the races!

We'll continue the tradition of treating the WORLDS BEST VOLUNTEERS with the post-race party at Ragtime Grille and Supper Club, 1524 4th Ave., Rock Island, at 5 p.m. Friday, June 4 (the former Putter's Pub and Grill.)

Ten Speeds Productions, our normal start and finish service, will return, bringing new state-of-the-art equipment to capture those exciting sprint finishes we love, plus two canopies and an awards stage in the middle.



Here is a photo by Ken Urban from last year's Modern Woodmen Bank Criterium

Criterium contd. on page 4

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
Vice President – Denise Duethman (309) 721-7276
Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
Treasurer – Darlene Moritz (563) 386-3499 or 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 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



It's snowing as I type. I've told my wife that I'm not shoveling and I'm riding tomorrow!

- **SF 117.** By the time you read this in paper, the Iowa Legislature will have completed their work on the Bicycle Safety Bill, one way or another. I've learned two things during this process. First, it pays to be involved. Thanks to all of you for your emails and phone calls. I believe that you did have an impact regardless of the outcome. Second, it's true that politics and sausage making have a lot in common!

- **Spring Tailwind Ride.** April 24 is the date for this great ride. We are limited to 94 riders (we had 92 last year), so I recommend early registration. Details are in this newsletter and at <http://www.qcbc.org/kite.shtml>. The price for the bus ride and lunch is just \$23. Dave Thompson, our master route planner, has charted five routes in anticipation of all wind conditions.

- **Survey says!** Thanks for taking the recent survey. The results are in this newsletter and at <http://www.qcbc.org/survey.shtml>. Thanks also to Ken Urban for doing all the work. We learned that most of you are mid-paced riders averaging 13-16mph over 25-65 miles. We were surprised to see that only a quarter of our members ride three or more group rides per month. One responder suggested that we recognize those that ride the most group rides to help encourage more participation. Great idea. Count up your QCBC group rides and let us know your total later this year.

- **Meet and Greet Ride.** We've re-named our annual spring picnic ride to get members to bring new riders to the rides and picnic on May 2. See more information on Page 4. Please bring a friend with you to enjoy a ride and a lunch on the club!

- **Muscatine-Buffalo-Muscatine Ride.** River Action is holding a new ride on Father's Day, June 20, to highlight the need to expand the Mississippi River Trail from Buffalo to Muscatine. See more information on this great cause at <http://www.riveraction.org/node/54>. Riders will enjoy a 44-miler, t-shirt and a pancake breakfast for \$10. Sweet!

- **Cell phone downloads.** Thanks to Cy Galley, Warren Powers and Dick Grimm, you now can download our ride schedule to your cell phone. Check it out! <http://www.qcbc.org/marmay10.htm>.

The QCBC's Great Big Bike Rodeo

By Donnie Miller

Have you, a family member, or a child you know had trouble riding a bicycle in and around your neighborhood, and are now too afraid to ride anywhere? Unsure how to negotiate a pothole in traffic or make emergency maneuvers to stay safe? Now you can find out how on Monday, May 31, when the Quad Cities Bicycle Club will hold an all-ages bike rodeo to coincide with the Modern Woodmen Bank Quad Cities Criterium. The rodeo will be held from 9 a.m. to noon in The District, along with bicycling memorabilia vendors, advocacy groups, and food and beverage vendors.

The rodeo will teach children and adults how to wear a helmet, do a quick check of the bike, and practice scenarios to enhance skills needed to ride safely in all situations. Whether it's a child riding the sidewalks and dealing with the "Dangerous Driveway," or teens and adults learning to negotiate a left turn from a left turn lane or lane positioning, most problem areas will be worked on.

Whether it's riding to school or work, predictable behavior on the road can save a life in more ways than one.

Please encourage your local school, PTA/PTOs, and other organizations that promote good health to come and enjoy the benefits of riding a bicycle during our Memorial Weekend of Bicycles. The rodeo is free. There are plenty of volunteer opportunities, so if you or your family want to help teach someone how to safely ride a bike, please e-mail Donnie Miller at bcycleracr@mchsi.com or call his cell phone at (309) 737-8270.



One of last year's riders

Criterion, contd. from page 1

Ten Speed will try out a chip-timing system to streamline the results process and aid in the accuracy of the officials. This year, we'll do expanded ceremonies for winners and sponsors at the end of each race for podium photos by QCBC's own Ken Urban, with the help of some local podium girls. In addition, the longtime tradition of the best Wheel Pit in the United States dubbed "Mud or Blood" will be in use again, so sign up to work the most fun spot on the course.

As always, we'll be expecting pro teams, so stay tuned to see who will put in an appearance. With American cycling taking front row on the pro cycling scene, I hope we can attract some big names for the 45th season of the Midwest's Best Bike Race.

We will continue the women's Category 2/3 race to allow women more chances at some great competition and prize money. The feature men's race again will include the QCBC "Hot Spots Sprints" to spice up the action. We have separated the Category 4 and 5 men's races to include two masters' races, and we will continue the 60+ race as well.

In addition, we will be a LAJORS race this year. That means we'll be a part of the Lance Armstrong Juniors Road Race Series, which gives Juniors series points for possible inclusion into USA training camps...VERY COOL!!

Some stabilizers include being part of the Illinois Cycling Association and Iowa Rider of the Year point's series. We have Kenny Labbe and Brad Sohner as our colorful announcers, Kim West from the "Kim West Radio Cycling Show" on kxno 1460 AM radio in Des Moines awarding the "Most Aggressive Riders," and local Dispatch writing celebrity Laurel Darren will be talking up the preems throughout the day.

Plus, we'll have the Vietnam Veterans Honor Guard, Sandy Wohlford singing our National Anthem, RI Mayor Dennis Pauley, a variety of food and vendor booths, and other attractions to be announced soon.

With the Modern Woodmen Bank QC Criterion being the last race on Memorial Day Weekend, we start with the Burlington Road Race on Friday, Snake Alley Criterion on Saturday, and the Melon City Criterion on Sunday.

The best stabilizers of all, however are the outstanding QCBC volunteers who set-up and tear-down the course, marshal corners and pedestrian walks, secure bicycle parking, register riders, sell T-Shirts and other goodies, staff the wheel pit, handle registration and the prize desk, and the many other tasks that get handled to make this great race a success.

In addition to a full day of entertainment, volunteers get an official Modern Woodmen Bank Quad Cities Criterion T-Shirt, an invitation to the volunteer party, and vendor coupons for a sandwich and beverage of your choice. Chairpersons to call or email for volunteer opportunities are:

Corner Marshal: Dean Mathias, 309-737-8429 (c), mathiasdebdean@peoplepc.com

Registration: Vivian Norton, 563-355-1899, vjoan@q.com

T-Shirt Sales: Lisa Wessling, 563-320-1819 (c), lwessling@mchsi.com

Wheel Pit: Walt Dethlefs, 309-507-2963 (c), dethlefs@mchsi.com

Prize Desk: Darlene Moritz, 563-210-0345 (c), dmoritz@access.net

Volunteer Coordinator: Vivian Norton, 563-355-1899, vjoan@q.com

Course Setup/Teardown: Adam Jackson, 309-781-4112 (c), ajackson6382@yahoo.com

Kid's Bike & Trike Race: Dean Mayne, 563-650-1026 (c), e.mayne@mchsi.com

Bike Rodeo: Dean Mayne, 563-650-1026 (c), e.mayne@mchsi.com

If you have thought about volunteering, but don't know where to start, please call one of the numbers above. Volunteers are what make great events even better.

So mark your calendar for Memorial Weekend to have some family fun in the District of Rock Island!

Meet and Greet/QCBC Picnic Ride

By Dave Thompson

One of the most fun events QCBC offers are the club rides. Starting at 9 a.m. Sunday, May 2, at Illiniwek Park in Hampton, the club will offer three "meet and greet" rides aimed at raising attendance on weekend club rides.

We hope to get some people who have never ridden with a group before, or some who have only done a few rides to participate. There will be a fast-paced, mid-paced and family ride followed by the club picnic. We will have ride leaders who will greet new riders and lead bicyclists out onto the open roads of Rock Island County.

So please invite anyone interested in trying out a social group ride. They do not need to be QCBC members to ride or eat. Or, if you haven't done one in a while, come out and meet some new riders. This is ideal for couples or family members who may ride at different speeds. We'll do a 2 1/2-3 hour ride and be back in time to eat at noon.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

The Future: Gasoline and Bikes

I don't get out to north Davenport much anymore. It used to be almost an everyday thing. Out Jersey Ridge Road, over I-80, east or west on F55, and then some great biking.

What's changed? Well, for one thing the increased traffic and residential development. Of course, it doesn't hurt that the Great River Trail is only about six blocks from my house in Rock Island. But north Davenport used to be a Mecca for me.

I bring it up because of a book I read this past winter. It implied that I might be able to return to those north Davenport environs in the future.

Called "\$20 per Gallon," by Christopher Steiner, the book is an eye-opener with its predictions for the future.

It starts with the price of gas going up – way up. And it's not caused by government action, environmental urging, or even international pressure. No, it's going to be way expensive simply because we will have used it up – or most of it. We'll still have some, but at \$20 a gallon (in today's money) it might as well be gone.

OK, OK, you've read scare material like that before. So have I.

But the interesting thing about this book is how the author takes us down the road, step by step, price increase by price increase, to an iffy future. He goes from gas at \$4, to \$6, to \$10, to \$15, to \$20 a gallon. At each step he delineates the changes caused by it.

For instance, car travel will become more and more prohibitive. People will give up driving to work in favor of public transportation or biking. And they also will give up living far from work and the amenities of the city. The suburbs will slowly die with the houses, in many cases, simply abandoned because no one will want to buy them and incur the transportation costs.

Airlines, with their gas guzzling engines, will also be gone. We'll convert to much more cost efficient passenger trains for long distance travel.

The interesting thing is that with each step up to gas deficiency we will change to a return to the past. And we won't be doing it because it is mandated by law. No, it will be simple economics. Supply and demand will rule.

I read the book avidly, looking for the chapter or chapters on bicycling and how it would save the day. No such luck. Just a few passing references. But the implication for urban bicycling in such a scenario is implicit. It will be vastly important.

Another point of interest is not so obvious now. Gas at \$20 a gallon will be good for us. We will be more healthy, fit, socially involved, peaceful, calm – all the good things that make up human happiness.

Did I believe everything in the book? No. Is its agenda the way the future will happen? Probably not. But if it means the harrowing traffic and congestion out there in north Davenport will be abated, calming the roads for bike travel, then I'm all for it.

Let's hear it for gas at \$20 a gallon.



Here's one of the lineups from last year's Criterium.



K.I.T.E. Tailwind Ride

Ride like the very rewarding with the wind at

Kick In the Tail Experience—April 24th

wind. It's fun and to ride 100 miles your back. A bus

will take the riders out 100 miles and we will ride back to the Quad Cities.

Sign up early as the ride is limited to the first 94 people. Deadline to register is April 15. You must be prepared to ride the entire 100 miles as we do not offer SAG services. We will bicycle from one of four locations, depending on which way the wind is blowing.

Bicycles will be loaded onto a truck between 5 and 5:30 a.m. and everyone needs to be on the buses for a departure time of 6 a.m. We will leave from one of two locations— Ben Butterworth Parking Lot near Case IH in East Moline or Pleasant Valley High School in Bettendorf.

Please bring a blanket to protect your bike during transportation. You can reclaim your blanket and any other personal items at the end of your ride. Remove all personal items from the bus. Anything you plan on leaving behind (at the start of the ride) needs to be put on the bike transportation truck. This year, to provide greater security, we will provide a locked trailer for your items at the end of the ride. The combination for the locked trailer will be on your cue sheet.

How do we know where to meet? The information will be posted on the QCBC website: www.qcbc.org after 5 p.m. Friday, April 23. Or you can call (563) 359-8350 for a recorded message. Please, no calls after 10 p.m.

Be sure you are on the bus by 6 a.m. for a prompt departure. We will be traveling approximately two hours. A morning snack will be provided for you to take on the bus. We should arrive at our destination around 8 a.m. Cue sheets will be passed out on the bus. Please check your cue sheets for the lunch location and serving times. A nice lunch will be provided at about the half-way point. Also, check your cue sheets for emergency telephone numbers. The cost for the ride is \$23 per person. Make your check out to the Quad Cities Bike Club and mail along with your signed waiver to John Wessel, 1624 Shady Glen, Davenport, IA 52807.

Your committee of Charles Curry and John Wessel are hoping you will join them for this fun ride.

You're all invited to QCBC Yahoo Group E-Mail

By Donnie Miller

The invite to the QCBC Yahoo Group is a communication tool the QCBC would like to start using, allowing real-time communication between members for rides/events/races, harassing auto driver alerts, legislation updates and requests for activism, volunteer opportunities, etc. that come directly to your e-mail inbox, or your spam folder, depending how your security is set-up.

If you didn't get an email about it, please send me an e-mail, so I have a correct e-mail address, and I will re-send it. I can only do 50 invites a day, and they are good for 30 days. After that I have to invite you again.

We hope you see this as a valuable communication tool and we'd like to see conversation about anything concerning bicycles, and will start it right away. Here are the guidelines and if you need help, please let me know.

Purpose: To post information about QCBC events, meetings, activities, rides, plus QCA cycling road hazards, advocacy and bicycling issues. It's not for any other subjects such as politics, religion, jokes, social comments. There are three types of mail delivery accounts: Daily E-mails, Daily Digest, and Special Notices.

Daily E-mails Option: E-mails comes through as they are written, multiple times per day.

Daily Digest Option: E-mails are reduced to a few e-mails a day with multiple e-mails in one e-mail.

Special Notice Option: If you want info only on major QCBC events, check this box in your profile. It eliminates daily emails, but you may read posted emails in the message area to see what others posted. Major club events are identified as Special Events in the ride schedule, general QCBC meetings, or others deemed major by the QCBC. If you need a special notice sent out, contact the group's owner or the moderators.

Topic subject: If your response is different from original topic, change your subject line accordingly. If you want to personally contact someone, do it off-line. Be respectful of other views and posters – no profanity, arguing or bullying. QCBC reserves the right to remove disruptive group members. If you need help with any of the above, please contact Donnie Miller at bcycleracr@mchsi.com.

Application and Release Waiver for April 24, 2010 Tailwind Ride

Name _____

Address _____

City, State, Zip _____

Daytime Telephone _____

Here is my \$23.00. Register me for the April 24, 2010 Tailwind Ride.

Make your check payable to: Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 1624 Shady Glen, Davenport, IA 52807

EVENT PARTICIPANT/VOLUNTEER ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all event participants and volunteers)

I acknowledge that QCBC Tailwind Ride(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 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 owner, maintained or controlled by them or because of their possible liability without fault. **I agree to obey all traffic laws of the hosting state and to wear an approved helmet while cycling in this event.** I certify that I am physically fit, have sufficiently trained for participation in the event and have not 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 Release); 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 Release 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 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 of Participant Date

(If under 18 years old, Parent or guardian must also sign below)

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

Leisure rides kick into gear for 2010

By Vivian Norton

A group of Leisure cyclists met for lunch Jan. 20 to plan the 2010 schedule, with a few changes from previous years.

First, we will meet monthly on alternate sides of the river (Mississippi that is) and usually at the same place. Check www.qcbc.org. for any changes, because there are apt to be changes when planning an entire biking season five months in advance.

Our first 2010 ride is May 1. Since it's the first ride for the year, we'll be doing some organizing, probably when we stop to eat. Scott County and River Way maps will be distributed. If anyone has access to copies of Illinois county or state bike maps, please bring some to share. At that time, you may also sign up to lead a ride or make suggestions for rides or routes.

We encourage participants to plan routes and lead. The success of rides depends on your input, enthusiasm and cooperation.

The rides will be listed each month in Pedalwheeling. Be prepared for changes from the rides listed below. If a local pancake breakfast comes up, we don't want to miss it!

May rides will begin at 9 a.m. in Illinois. This is the only month at 9 a.m. start.

May 1,8,15: 9 a.m. Meet at Empire Park on Illinois 84 in Hampton.

May 22 and 29: 9 a.m. Meet at the old Case IH parking lot (1st Street East Moline/ 55th Street Moline.)

June 5, 19, and 26 (Iowa): 8 a.m. Meet at Leach Park, 12th Street, Bettendorf.

July 3: Bike path ride. Meet at trail head on Highway 61 in Iowa, by Mickey's restaurant.

July 10 (Illinois): Colona to Geneseo. Meet at Colona United Methodist Church, 1709 Cleveland Road. Thanks to Jim Dayton for getting directions to the church on www.microsoft.com/streets. (Off I-80 take a right onto Cleveland Road. Church is on the left.)

July 12: Cordova City Park L on Illinois 84 and ride to Hillsdale.

July 24: Colona to Geneseo (see July 10 for directions).

July 31: Cordova City Park L. on Hwy 84 and ride to Erie.

Aug., 7, 14, 21, 28 (Iowa): All rides start at F55 and Old 61 at the Crow Creek Wildlife Park., near the John Deere implement dealer. Take Highway 67 north to F55. Rider's choice rides.

Sept. 4 (Illinois): Meet at Illiniwek Park shelter on Illinois 84 north of Hampton.

Sept. 11: 8 a.m. Heartland Century: Register and meet Leisure group at the Illiniwek Park shelter on Illinois 84 north of Hampton.

Sept. 18 (Illinois): Meet at Albany City Park and ride north.

Sept. 25 (Iowa): Fundraiser for Miracles Can Happen in Wilton, IA. (more details later)

Remember, our speed averages is 10-13 miles an hour. Please arrive at the ride 15 minutes before the start. Be prepared to be flexible if there are wind or weather changes.

E-mail addresses and phone numbers of most of the QCBC members are in the new handbooks if you want to contact members.

Women-only group rides again

By Josie Miller

Last year we restarted a women's ride, and we will continue again this season.

This group is designed to encourage women to get together and ride. Having a women's ride also provides an option for ladies who may ride alone. We have a variety of skill levels, and we welcome all levels and all ages.

Our first ride will be April 6. We'll meet at 5:30 p.m. each Tuesday, with the starting location switching between Iowa and Illinois. So make sure you check the printed schedule.

Our group averages 17-30 miles each ride, and usually ride mid-paced. It's also a no-drop group, meaning no one will be left behind alone.

I have created an email distribution list, and I usually send out little notes, rain date options, or reminders. If you would like to be on my email list, I would love to add you, so send me an email.

This is the perfect group if you are looking to find people to ride with or just want to meet other local women riders. Come out and meet us. Please email me if you have any questions. (MillerJosieL@JohnDeere.com).

QCBC Ride Survey Results

QCBC Ride Survey Results

Nearly 100 members completed the ride survey and provided valuable feedback regarding participation on QCBC rides. The survey confirms that the majority of respondents like the variety of routes scheduled on both sides of the river. Ride leaders were preferred on rides by most people. 8:00 is the preferred start time, but there is significant interest in offering some earlier rides in the warm weather. Unfortunately, a number of riders rarely or never participate on club rides. Half of the cyclists indicate that they do not join the rides as much as they have in the past.

The club tries to offer rides for cyclists of all abilities. Riding with a group challenges us to ride our best and provides a great way to socialize with fellow cyclists. Regular riders need to make sure that new riders are welcomed and are not left behind if not riding at the same level as the group. Mid-paced rides are offering 3 hour "out and back" rides again for those do not want to stop for breakfast. New members should not be discouraged after trying one ride, if you want to ride faster or slower...there should be a group for you.

Thanks to all that responded and several that provided additional comments. The anonymous results have been shared with the board members and ride coordinators to help improve the organized rides for all members. If you are new to the club or have not participated in a while, please come out and join a club ride this spring. Please feel free to direct any comments regarding rides to any board members.

Ken Urban

1. What type of rider do you consider yourself?
 - A. Leisure pace rider: 10-13 mph average 14.6%
 - B. Mid-paced rider: 13-16 mph average 62.5%
 - C. Fast-paced rider: 16+ mph average 17.7%
 - D. High performance: competitive, endurance, racer 5.2%
2. How often do you participate in organized QCBC rides?
 - A. Frequently: 6 or more rides per month 13.7%
 - B. Regularly: 3-5 rides per month 14.7%
 - C. Occasionally: 1-2 rides per month 28.4%
 - D. Rarely: only participate a few times a year 35.8%
 - E. Never: have never been on a club ride 7.4%
3. Which organized QCBC rides have you participated in the past?
 - A. Saturday mornings 71.9%
 - B. Sunday mornings 52.8%
 - C. Tuesday evenings 12.4%
 - D. Wednesday mornings 33.7%
 - E. Thursday evenings 6.7%
 - F. Fall night rides 16.9%
 - G. Tour of the Islands 22.5%
 - H. Spring Tailwind 43.8%
 - I. TOMRV 82.0%
 - J. RAGBRAI 50.6%
 - K. Heartland Century 61.8%
 - L. Fall Foliage Ride 21.3%
 - M. Special events- Spring picnic, Chili Ride, etc. 34.8%
4. In 2009 did your level of participation change from previous years?
 - A. More rides than in the past 10.1%
 - B. About the same as previous years 39.3%
 - C. Less than in the past 50.6%
5. Is location of route a factor for you?
 - A. Not comfortable with riding on highways, normally stay on recreational trails only 3.3%
 - B. Prefer Iowa routes only 3.3%
 - C. Prefer Illinois routes only 17.8%
 - D. No preference, will ride on both sides of river 75.6%
6. Which statement regarding starting locations do you agree with?
 - A. Will only participate when I can ride to the starting location from my house 9.1%
 - B. Prefer starting from within QC metro area only 30.7%
 - C. Would like to see more rides starting from outside of QC metro area 2.3%
 - D. Like mix of various starting places inside and outside the metro area 58.0%
7. Which statement do you generally support regarding ride leaders and routes?
 - A. I prefer that a ride leader is present with a defined route 15.9%
 - B. I prefer that a ride leader is present and is willing to adjust route to match weather conditions 59.1%
 - C. All rides should be "riders' choice", generally someone knows the roads 10.2%
 - D. Ride leaders are not needed as long as route is clearly established 14.8%
8. Which statement do you most agree with regarding summer weekend starting times:
 - A. 8:00 am is just right and what everyone is used to. 50.6%
 - B. 8:00 is too late, prefer to start earlier. 16.1%
 - C. 8:00 is too early; prefer to ride later in day. 12.6%
 - D. Would like to see some 7:00 rides scheduled if predictable (ex. 7:00 Saturdays, 8:00 Sundays) 20.7%
9. Which statement do you generally agree with :
 - A. I prefer to ride by myself at a level I am comfortable. 12.8%
 - B. I prefer to ride with my family or a select group of friends that ride at my level. 12.8%
 - C. I prefer to ride with various people and will ride at whatever level keeps the group together. 17.0%
 - D. I prefer to ride with various people and ride at my own level, as long as everyone "regroups" occasionally. 57.4%
10. Please mark all reasons that may have affected your level of participation:
 - A. Start locations are too far from my home 21.4%
 - B. High gas prices have affected my decision 6.0%
 - C. Would show up if I could carpool with someone 0%
 - D. Rides end up being longer than advertised 6.0%
 - E. Rides are too short to make it worth my while to drive to start 4.8%
 - F. Have experience or afraid of being "dropped" 21.4%
 - G. Do not want to take time to stop for breakfast 16.7%
 - H. Did not feel welcomed or included by the group in previous rides 8.3%
 - I. Personality conflicts with other members have affected my ride choices 6.0%
 - J. Have had an accident or close-call riding with strangers. 3.6%
 - K. Not enough ride leaders, not familiar with route 3.6%
 - L. Aging and/or health reasons have prevented me from riding with groups 10.7%
 - M. Work or family commitments have reduced my participation 45.2%
 - N. No change, I participate as much as I have in the past 23.8%

10th Annual DICE/QCBC 20K TT Championships

Date: Sunday 5/23/2010

Time: 9:00am first rider off at 9:01

Pre-register by: 5/20/2010
With on-line registration at
WWW.GetMeRegistered.com
Late fee in effect after above date
except for QCBC members
Race day registration will be held from
7:45am-9am @ the Barstow Fire Dept.

Entry fees:

- \$20 Pre-Registered ABR Member
- \$25 Pre-Registered w/1 Day License
- \$25 Race Day ABR Member
- \$30 Race Day w/1 Day License
- \$5 off for second race

Mall ABR Standard Release Waiver to:

Donnie's Indoor Cycling Experience

PO Box 902
 Moline, IL 61266-0902
 Phone: 309-737-8270
 Email:
 bicycleracr@mchsl.com

Web sites:
 dicecycling.com
 DiceTraining.com
 qcbc.org
 ambikerace.com
 GetMeRegistered.com



For more information e-mail:

bicycleracr@mchsl.com

Contact person: Donnie Miller

This is the same 20K out and back course in Barstow, IL as in the past. Dead flat following the Rook River. No turns. Can be windy. Turnaround in middle of road.

Directions: Exit off of Rt 5 (Turns into I-88) Barstow Rd. Exit is on edge of Silvis. Go 2 miles east on Barstow Rd to Fire Dept on left. DO NOT PARK @ FIRE DEPT. Park on streets and at Grade School 1 block away.

Riders go out in 1 minute intervals starting @ 9:01am sharp. First signed up, first out. All ABR rules apply. You must have an annual license or purchase a 1-Day License. Rain or Shine, no refunds. Holder will be provided. If you are racing twice you must pre-register.

We will raffle off a pair of Profile TT Bars. Park Self Service Tool Kit will be available. Course Records:

Bryoc Mead 26:18.42 @ 29.47mph
Debbie Dust 29:21.84 @ 25.39mph

AWARDS

Trophies to top 3 Overall
 Trophies to top 5 Senior & Master's Category,
 Age Group Winner's, and QCBC member

Men

Open (1/2), Cat 3, 4, 5, Juniors, Age Grade 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, Breakaway, Recumbent-HPV, Tandem

Women

Open (1/2/3), Cat 4, 5, Juniors, Age Grade 30-39, 40-49, 50-59, 60-69, 70+, Recumbent-HPV, Breakaway, Tandem, Mixed Tandem

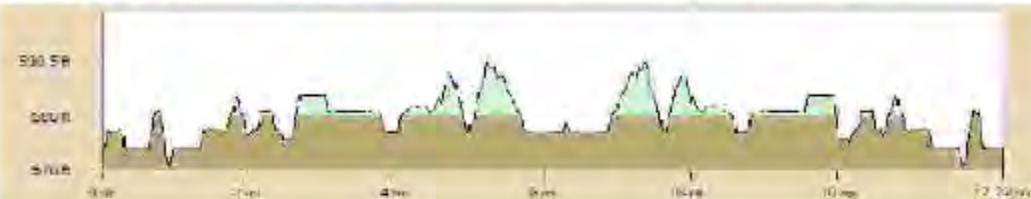


**WI-IL
 ROTY
 EVENTS**

"TOI/W"

**Tour of
 Illinois
 &
 Wisconsin**

Sponsored by:



April 2010 Ride Schedule

3-Apr	Saturday Morning Mid Paced Ride to Le Claire using trail and Hwy	27 miles 14-16 mph	9:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
3-Apr	Saturday morning Fast-Paced Ride, one stop.	40-50 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
4-Apr	Sunday Morning Mid Paced. Easter Sunday. Riders' Choice.	30+ miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St. Moline, IL	Determined by Riders
4-Apr	Sunday morning Fast-Paced Ride, one stop	40-50 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
6-Apr	Women' Only Rides -- All skill levels welcome	TBD by group	5:30 PM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	Josie Miller Mil- lerJosieL@JohnDe ere.com
7-Apr	Wednesday 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
10-Apr	Saturday Morning Mid Paced Ride to Buffalo, Blue Grass and Walcott.	30+ miles 14-16 mph	9:00 AM	Emeis Park, Daven- port, IA	Ken Urban 563-326-3427
10-Apr	Saturday morning Fast-Paced Ride, one stop.	40-50 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
11-Apr	Sunday Morning Mid Paced Ride to Geneseo using quiet back roads. Flat route.	30+ miles 14-16 mph	9:00 PM	Colona Grade School, Colona, IL	Dick Wolbers 563-332-9906
11-Apr	Sunday morning Fast-Paced Ride, one stop	40-50 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
13-Apr	Women' Only Rides -- All skill levels welcome	TBD by group	5:30 PM	TBD	Josie Miller Mil- lerJosieL@JohnDe ere.com
14-Apr	Wednesday 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
17-Apr	Saturday Morning Mid Paced Ride. South Rock Island County rollers.	40+ miles 14-16 mph	9:00 AM	Milan Community Center/Hwy 67	Deb & Dean Mathias 309-787-6547
17-Apr	Saturday morning Fast-Paced Ride, one stop.	40-50 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

April 2010 Ride Schedule

18-Apr	Sunday morning Fast-Paced Ride, one stop	40-50 Miles 16-18mph	9:00AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
20-Apr	Women' Only Rides -- All skill levels welcome	TBD by group	5:30 PM	TBD	Josie Miller Miller JosieL@JohnDeere.com
21-Apr	Wednesday 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
24-Apr	SPRING TAIL WIND RIDE Contact John or Charles for info. There is a fee for this event.	100 miles	8:00 AM	TBD	Charles Curry 309-797-9283, John Wessel 563-359-8350,
24-Apr	Saturday Morning Mid Paced Ride to LeClaire & McCausland. Lots of hills.	45+ miles 14-16 mph	9:00 AM	North Scott HS, Eldridge, IA	Eric Weeks 563-324-4938
24-Apr	Saturday morning Fast-Paced Ride, one stop.	40-50 Miles 16-18mph	9:00AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
25-Apr	Sunday Morning Mid Paced Ride to Albany, flat ride on bike path.	40+ miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St. Moline, IL	Jean Kelly 563-359-9508
25-Apr	Sunday morning Fast-Paced Ride, one stop	40-50 Miles 16-18mph	9:00AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 754-5030, Gary Jones 359-5614
27-Apr	Women' Only Rides -- All skill levels welcome	TBD by group	5:30 PM	TBD	Josie Miller Miller JosieL@JohnDeere.com
28-Apr	Wednesday 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

May 2010 Ride Schedule

1-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	Vivian Norton 563-355-1899 or 563-508-1323
1-May	Saturday Morning Mid Paced Ride to NE Scott County	25 - 30 miles 14-16 mph	8:00 AM (note earlier time)	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Mike Wilcox 563-322-0946
1-May	Saturday morning Fast-Paced Ride, one stop.	40-50 Miles 16-18mph	8:00AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

May 2010 Ride Schedule

2-May	Sunday Morning Mid Paced Ride to Hillsdale and Barstow. Return to park for SPRING PICNIC . Bring a dish to pass.	35-40 miles 14-16 mph	8:00 AM (note earlier time)	Illiniwek Park, Hampton, IL. Off Rte 84.	Darlene Moritz 563-386-3499
2-May	QCBC Meet and Greet Ride . Followed by the club picnic.	40-50 Miles 16-18mph	900AM	Illiniwek Park. On Rt. 84 between Hampton and Rapids City.	David Thompson 764-5030, Gary Jones 359-5614
3-May	Monday evening: QCBC Adopt-a-Highway - trash pickup along 2 mile stretch of Scott County Park Road (Old Hwy 61)		5:30 PM	Parking lot west of soccer fields near F55 & 956 (Scott County Park Rd)	Ken Urban 563-326-3427
3-May	Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
4-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30	5:30 PM	Alt between IL & IA, Contact Josie for start locals	Josie Miller Miller JosieL@JohnDeere.com
4-May	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	
5-May	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
5-May	Wednesday Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
6-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
8-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	Vivian Norton 355-1899 or 563-508-1323
8-May	Saturday Morning Mid Paced Ride to Buffalo, Blue Grass & Maysville	35+ miles 14-16 mph	8:00 AM	Emeis Park golf course lot, W Central Park & Emeis Park Ave., Davenport, IA	Paul Gilbert 563-391-3908
8-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	8:00AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
9-May	Sunday- MOTHER'S DAY Rider's Choice	35+ miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Determined by Riders
9-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	8:00AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614

May 2010 Ride Schedule

10-May	Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
11-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30 miles	5:30 PM	Alt between IL & IA, Contact Josie for start locals	Josie Miller MillerJosieL@JohnDeere.com
11-May	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	
12-May	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
12-May	Wednesday Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline	Roger Fobair 563-940-5583
13-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
15-May	Leisure Ride - be at start 15 min before ride	20-30 miles 10-13 mph	9:00 AM	Empire Park, Hampton IL, Hwy 84	Vivian Norton 355-1899 or 563-508-1323
15-May	Saturday Morning Mid Paced Ride- Northern Scott County	40-45 miles 14-16 mph	8:00 AM	North Scott High School, 200 S. 1st St., Eldridge, IA	Dixon Novy 309-736-0162
15-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	8:00 AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
16-May	Sunday morning Midpaced ride- 3 hour "Out and Back"- no breakfast stop	40 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	John Harrington 563-940-6023
16-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	8:00AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
17-May	Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restaurant, Bettendorf IA	
18-May	Women' Only Rides -- All skill levels welcome, no drops.	17-30	5:30 PM	Alt between IL & IA, Contact Josie for start locals	Josie Miller MillerJosieL@JohnDeere.com
18-May	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	

Welcome New Members:

NewMember	Spouse	CityState	Phone
Bellaver, Andrew		Fortville, IN	317-747-7082
Brown, Laird		Bettendorf, IA	563-271-2245
Buser, Joseph	Erica	Orion, IL	309-737-6549
Caldwell, Nichole		Houston, TX	281-757-1074
Clark, Julie		Houston, TX	713-320-6684
Delathower, Mark		Geneseo, IL	309-269-5421
Eastland, Joan		Rock Island, IL	309-788-5409
Gatheright, David		Rock Island, IL	309-788-5743
Haacke, Steve	Sue	Bettendorf, IA	563-332-2354
Hutchinson, Robb		Geneseo, IL	309-945-3332
Jones, Stan	Kristen	Washington, IA	319-461-9373
Kraft, Kyle		Bettendorf, IA	563-505-9688
Lovejoy, Roger	Georgia	Bettendorf, IA	563-529-6888
McCollum, Doug	Lori	Rock Island, IL	762-3931
Meester, Lisa		Davenport, IA	563-514-0682
Millar, Margaret		Moline, IL	
Moens, Thomas	Kathy	Moline, IL	
Nelson, Timothy	Kirsten	Davenport, IA	563-320-2577
Nowacheck, Stephen		St Charles, IL	630-710-4050
Phillips, Craig		Muscatine, IA	419-961-2549
Ryder, Susan	Jeff	Davenport, IA	563-508-6452
Sarai, Baldev	Teresa	St. Louis, MO	309-765-4305
Shuman, Leslie	Steve	Davenport, IA	563-441-0687
Timm, Dale	Sue	Milan, IL	309-787-5689
VanWinkle, Annie		Davenport, IA	
Weber, Ellen	Tom	Wheaton, IL	630-926-3052
Wieskamp, John		Walcott, IA	319-750-0749
Wilson, Linda	Bob	Port Byron, IL	309-523-2844

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

Membership—Totals

Type	Memberships	Members
COMP	21	24
COUPLE	203	406
FAMILY	85	302
IND	340	340
LIFE	3	5
Grand Total	652	1073

Cheers to Jeff Cozad

By Chuck Oestreich

Let's give a big cheer for Jeff Cozad for his help with winter snow. Rock Island plows its path, but the approach from the path to the Sylvan Slough bridge doesn't get shoveled. So Jeff took it upon himself to drive to the area with a snow shovel and clear a path. Thanks again, Jeff.

QCBC at RIA Health Fair

By Charles Curry

Thanks to Tom Scott, LJ Haase, and Chuck Oestreich for representing QCBC at the Rock Island Arsenal health fair on Feb. 17. Lots of local trail maps, area cycling maps and cycling information were distributed to an estimated 1,100 Arsenal employees who attended. These three individuals should be recognized for their time and effort to promote cycling in the community.

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 legibly using blue or black ink. Fill in all blanks.)

New Application Renewal Application
Date of Application (mm/dd/year) _____

Membership Type Individual \$20/Year
 Couple \$20/Year
 Family \$20/Year
 Sponsor \$40/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
(Including Area Code)

E-mail _____
(Please carefully print current e-mail address)

Please Note! The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter and Membership Directory (e-mail address also included). We have found this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter or in the Membership Directory, please indicate here:

Members normally get e-mail notification when the monthly newsletter is available on the Web site. If you prefer your hard copy newsletter be mailed by the US Postal Service, please indicate this here:

Memberships in other Organizations: League of American Bicyclists League of Illinois Bicyclists Iowa Bicycle Coalition
 International Mountain Bicycling Assoc USA Cycling American Bicycle Racing Adventure Cycling Assoc
 Bikes Belong USA Triathlon Rails-To-Trails Conservancy Thunderhead Alliance Double "I" Cycling Experience
 Velosport Racing Friends of Off Road Cycling Cornbelt Running Club
 Other (List Here) _____

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping	<input type="checkbox"/> Advocacy <input type="checkbox"/> QC Triathlon
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Packet Stuffing
			<input type="checkbox"/> Cyclocross	<input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Race
			<input type="checkbox"/> Duathlons	Events
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Computer Work <input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Mountain	<input type="checkbox"/> Du-State-Du <input type="checkbox"/> Ride
			Biking	Leader
			<input type="checkbox"/> Racing/	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
			Training	<input type="checkbox"/> Heartland Century <input type="checkbox"/> Safety/Educate

* Single adult children up to 22 years old, still using their parent's address as their primary address, may continue on their parent's membership

Membership Application contd.

Waiver, Consent and Release of Liability

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

Admission of Risk and Liability Release:

In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC,) its officers, board of directors, members and volunteers, in the case of any accident, injury or damage of any kind. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

FOR MINORS: Parent or Guardian must agree to this waiver:

I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: _____ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

Individual Membership (Self) _____ Date _____

Couple/Family Membership (Self) _____ Date _____

Couple/Family Membership (Spouse) _____ Date _____

Parent/Guardian of Child <18 _____ Date _____

Please make all checks payable to: **Quad Cities Bicycle Club**
Please mail completed form to: **QCBC, Attn: Membership,**
PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org> **Revised 3-114-10 dlm**

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

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

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

April 24—Tailwind Ride (Page 6 and 7)
May 2—Meet and Greet Ride (Page 4)
May 21—Criterium (Page 1)
May 23—Barstow Time Trials (Page 10)
June 12—TOMRV

Get out and Ride!

