



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — June 2010



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Let's Get in Motion during May

Good News in the Catalog

What was this strange thing that came in the mail? A 48-page booklet filled with pictures of wheels and tubes and nicely tight clothing – a bike catalog.

The cover featured a picture of a guy balancing on his back bike tire, the photographer evidently shooting upward from underneath.

Opening it, I found it was a catalog come back to haunt me. Years ago on a quest to find clip-on fenders for my city bike, I ordered a pair from Performance Bicycle, the leading bike mail-order company in America.

From then on until a few years ago, I was inundated with catalogs, one a month seemingly, and sometimes more in between. When I didn't order anything more however, they eventually stopped. arriving. The computer, in its wisdom, figured that I wasn't much of a customer.

So what was this new catalog doing in my mail slot? The programming gods and gurus probably know the answer. But this catalog was quite surprising, not so much for its arrival, but for what it told me about the state of bicycling in America today.

The basic bicycle, for instance. Years ago, Performance was filled with ads for racing bikes. Called road bikes, they were really highly refined, lightweight, searchers for speed. And they were expensive. Then mountain bikes came in and the racers had to share the catalog space.

But I took a quick count and found only seven mountain bikes for sale, along with 10 road bikes. Filling the vacuum, and taking the lead was the comfort/commuter category with 12 bikes.

This was revolutionary for me. The word was finally getting out. Bicycling wasn't all racing and bouncing along dirt trails. Americans were becoming more attuned to using bikes for everyday transportation uses, or at least they were buying more utility bikes than they did in the past.

Perhaps they were realizing that the finicky, thoroughbred fillies they had been buying were too temperamental for the streets of the cities, and they didn't need the touchy spring-and-oil suspension systems on the off-road critters.

They were buying retro bikes, going back to the bicycle's beginning: an uncomplicated vehicle for use and fun.

The catalog also had many bike jerseys for sale. I also noticed another trend. At least half of them were simple, one-color (but bright) jerseys. Back then, everything you put on your torso made you appear to be a cluttered ad for bike products or race sponsors. It was like wearing a NASCAR car's side panel on your upper body. Simplicity, simplicity, again, folks.

Bike shorts followed the same bike lane. Every pair of shorts – and there were 29 different ones – was black. Even the women's shorts, in the past noted for flowers, pastels, and pretty pinks, were unisex black.

The catalog had a inset ad for "Back to Work Week" items – pants clinching reflectors, lights, and some street clothes compatible with biking – all items reflecting a blossoming interest in bikes for transportation.

There also were pages filled with biking shoes and clip-in pedals, very much attuned to racing. The helmets were almost the epitome of cutting aerodynamics for speed. By the way, prices for them ranged from \$229 to \$19.99. But they still haven't come up with a "no helmet hair" helmet.

This catalog out of nowhere was very insightful. In the bicycle world the catalogs, the products, and the times they are a-changin'.

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.

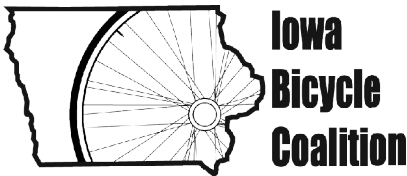
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

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/>

Volunteers needed for July 25 Kiwanis “Learn to Ride”

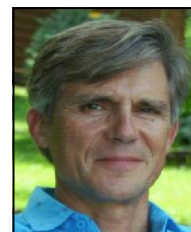
The Rock Island Kiwanis Club is sponsoring a “Learn to Ride With Kiwanis” on Sunday, July 25, at the Quad City Botanical Center, Rock Island. It’s a free event with t-shirts, helmets, help from Bike ‘n Hike and volunteer help from cyclists who want to see kids on bikes instead of in front of televisions.

To volunteer, call (309) 788-1845



Let's Ride!

John Harrington, QCBC president



Those red-winged black birds get faster each day!

TOMRV: Let's give Doug Truesdell and his band of volunteers a big round of applause! We've come to expect a great event and we were not disappointed.

Despite some rough weather, I'm always impressed with the cheery sag workers. After getting home on Sunday, I checked the weather radar and saw a severe weather line from south of Bettendorf to north of Dubuque.

It looks like no one was spared from the flash storm. Imagine over 1,000 separate versions of that one.

Quad Cities Criterium: While we are at it, let's give a "hat's off" to Donnie Miller and his volunteers. If you have not worked or attended the Crit, try it next year.

You do not have to be a racer to enjoy the excitement. The races are well run with great commentary from knowledgeable announcers. You will find yourself cheering on the racers!

Heartland Century is Sept. 11: Our ride director, Scott Swanson, has posted an update on this excellent ride. Go to <http://qcbc.org/heartland/> to register.

Fred Blessin Memorial Update: We are finalizing our agreement with Davenport. We expect the memorial to be complete by Aug. 31. More to follow!

June 6 three-club RAMCO Ride

By Dean Mathias

The QCBC would like to thank the Melon City Bicycle Club for being great hosts on the Ride Around Many Counties (RAMCO) and for providing our first venture in a three-club ride.

The Bicyclists of Iowa City (BIC) club was the third club. There were more than 40 riders on the RAMCO.

Hats off to Melon City Bike Club members Peg Heither and her husband Bill for handling the route, breakfast at the Farmers Bar and Grill in Letts, the Subway sandwiches and tour at the Ardon Creek Winery on X43, and more.

Joyce of the Melon City Bicycle Club deserves accolades for helping to set up the lunch and beverages.

Thanks to Coondog for leading some rainy day, would-be-bicyclists to a morning breakfast to share stories.

Sunday was warm, wild and windy on the way to Letts and Columbus Junction. Breakfast was at the Farmers Bar and Grill in Letts. Some riders stayed for breakfast, a few had an early libation, while the rest headed off to the Swinging Bridge in Columbus Junction.

High gears rocked heading back to the winery. The picturesque winery picnic with sun-warmed cookies, bananas, sub sandwiches, wine tasting, cold Gatorade and water made this the place to be.

The winery tour was a treat. Our guide, Sonny, explained the wine-making process and answered questions.

A fully-loaded cyclist, George, a real estate instructor in Chicago, came across the RAMCO ride as we were eating lunch at the winery. George started in Chicago and was on his way to Denver.

QCBC will be looking for a route and location for a three-club ride in 2011. Thanks to club members who came out for part, or all, of the ride— Ann, Mike, Des, Jimmy, Phil, Jean, Raul, Steve, Sue, Gary, Kevin C., Kevin D, Dave, Melinda, Darlene, Denise, John W, Don, Deb, Larry, Craig, and John,

Good too, to see a group of Muscatine runners changing gears and two-wheeling with us.

QCBC.org gets new webmaster

By Mike Moritz

The QCBC website <http://qcbc.org/> recently was re-designed with a new look and feel. Please check it out.

If you have a news item you'd like posted, send me an email or use the "Contact Us" link on the website.

One area I think will be really useful is the new "Ride Schedule." Tim Carey provides me the schedule you see in Pedalwheeling. If the schedule is changed or updated after the newsletter goes to press, it's updated on the website.

When you access the schedule you are first shown rides coming up in the next 10 days. You also can view the schedule by the month and even download it into a spreadsheet.

Please contact me with any comments, suggestions or problems. I'd like to hear what you think works well and what doesn't. I have some other ideas I hope to incorporate in the near future. Stay tuned.

Annual Women on Wheels Tailwind Ride

By Gail Overbeck

Riders: Pat Bolton Pegi Langan, Gail Overbeck, Jan Sears

May 8, Day 1 -72 miles “The Wind Chill Day”

We left from Pat’s house in Davenport with a chilly 42 degrees and brisk WNW winds at 25 + mph.

We crossed the Government Bridge, took the bike path into Colona where we stopped at TK’s for breakfast.

Then we took Poppy Garden Road to Osco Road and U.S. 6 through Geneseo, Atkinson, Annawan and Mineral. We stopped in Sheffield for lunch Z Best Café, which is worth the stop.

Then it was on to through Wyanett to Princeton.

We stayed at the AmericInn which has a great hot tub and dinner was next door at Wise Guys. This was the same first day as last year, a WOW first, but who cares when you get 25+ mph tailwinds. This was also the coldest WOW day ever.

Day 2 – 66 miles to Morris. A nice Mother’s Day

Because of an extremely chilly morning, we left at 8 a.m. after waffles at the AmericInn. With light west winds we followed U.S. 6 east. Our lunch was at the Bright Spot in Ottawa.

We enjoyed seeing a lot of baby Canada geese along the way. We stayed on U.S. 6 through the river valley which got us away from cornfields on both sides. We now had bluffs on the left. As we entered Morris, some young man thought it would be cute to moon Pegi and Gail, another WOW first.

We ended in Morris at the Comfort Inn, but were sad when we learned the hot tub was broken. I think I saw a few tears.

Dinner was at R Place, with excellent homemade food. We were early to bed, because someone thought we would need an early start the next day and made us ask for 5:15 a.m. wake-up calls.

Day 3 – 63 miles back to Princeton

We were glad for the early wake-up call, since afternoon storms were threatening. Our winds were ESE, so back to Princeton. To change things up a bit, we took county road 4 instead of U.S. 6. We had super tail winds at 20+ mph.

Lunch was at the Twin Cities family restaurant in Peru.

To add more variety, we took Route 29 to a county road then back to U.S. 6. This added a lovely downhill followed by a long, newly paved, gradual uphill. This was a pretty, woodsy road with a babbling brook along the side of the road.

Another WOW first—we checked back into the AmericInn at 1 p.m. We had a nice soak in the hot tub and watched the storm come in. We had dinner again at the Wise Guys.

Day 4 –34 miles to Mendota “The Short Day”

Because of rain, we got a late start leaving at 11 a.m. We had great tailwinds coming from the SW.

We took 26N until we felt the wind had shifted more from the West and at Ohio took 92 into Mendota.

We stayed at the Comfort Inn which had a pool but no hot tub. We are getting spoiled.

Dinner was at Buster’s Buffet and Restaurant.

Day 5 – 65 miles to Geneseo

After listening to the weather report, we decided to get an early start, so we were on the road at 6:30 a.m.

We took Route 82 to Walnut where we had a quick breakfast at the Walnut Café.

Three miles out of Walnut it started to sprinkle, but we decided to ride on and hopefully out of it. After about 20 minutes the rain subsided.

We continued on to Weber Farm Road, which we took to eliminate the big hill on 82 outside of Geneseo.

At about mile 60, it started to rain again. This time it was a cold hard rain, but with just six miles to go we decided to pedal on. We ended the ride at Jan’s house at 12:30 p.m., where Jerry had the house warm, we could change into dry clothes.

Bill Langan was there to pick us up and take us back to Davenport.

This was the coldest WOW in the 25 years of tailwind rides. We wore tights, poly pros and yellow jackets the whole week. Hopefully we will have warmer weather next year.

Looking for owners of blankets left in Tailwind truck

Unclaimed blankets left in the trailer during the April 24 Tailwind Century ride, will be disposed of if not claimed by July 1. Call (309) 949-2140.

UltraCycling, Balltown Classic 2010 - Hot!

By Dave Parker

The 9th Balltown 100/200 mile bike race was held May 28 in Dewitt, IA. There were 18 registered riders this year, probably because it was the Memorial Day weekend, which is a big weekend for criteriums.

We got together Friday night at Happy Joe's. There were some familiar faces - Larry Ide, Paul Carpenter, Wendell Hyink and newcomers Kurt Searvogle and his daughters, Stephanie McCreary and Moline sportsblogger and triathlete Laurel Darren. There were more, but I can't remember them all.

We started at 5:30 a.m. Saturday: The route had once again changed because of road construction. The changes gave everyone a chance to ride a short little stretch of blacktop known as Roller Coaster Road.

The day started fairly cool, cloudless and with a slight breeze. Low humidity and insignificant winds brought Kurt Searvogel into the 50-mile checkpoint at 7:59 a.m., less than 2.5 hours and on track for a record setting day.

He was followed by the main pack, led by RAAM hopeful Paul Carpenter, Al Muldoon, local ultra rider Dave Thompson and Stephanie. After a quick stop, the lead group tore off, and the remaining riders pulled in riding their own pace - a wise choice for most riders since the Balltown tends to creep up and body slam those that make their move too early.

The 100-mile checkpoint is on the Balltown ridge where the view is fantastic and, as the valley vista spreads before you, it's easy to forget that the worst is yet to come! Leaving the checkpoint you encounter one of the longest, steepest descents of the day, a plunge to the roughest steepest roads on the route.


Two riders, who later confessed they had hung with the leaders perhaps a bit too long, took a wrong turn, leaving Balltown. They were four miles down the road before one of the support vehicles got them turned around.

By the time the first racer - Kurt S - made it back to the 150 mile checkpoint, there was a 15-20 mph headwind and the temperature was nearing 86.

Kurt's chances of a record breaker had evaporated, but his daughters kept him on the road, refueling him so he didn't have to get off the bike. The rest of the racers took a longer break. The heat and wind were taking a toll. Stephanie was able to take advantage of her position in the lead pack to draft her way to a narrow record ride topping Randy Love's 2009 12:15 ride with 12:03.

That gives Steph the overall fastest time for Balltown women, but Randy retains the records for her age groups. Kurt finished with a respectable 11:06 (18mph) and Paul Carpenter and Al Muldoon came in at 11:45 (17mph) followed by Dave Thompson and Don Luth at 12:01 (16.64mph). The two 100-mile finishers Laurel and Bill Pitney finished in 6:14 (15.71mph).

Dr. Smith Answers Your Foot Pain Questions. What is a Neuroma?



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

"When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma," says Dr. Smith. "Wearing tight or narrow biking shoes can lead to neuromas."

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

Reducing neuroma pain and swelling may involve:

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, treatments and injections

Dr. Smith PC
willary name • extraordinary care
(309) 762-7919
www.drsmithdpm.com

See Dr. Smith for an early diagnosis of any foot pain.

Hamilton Heights Medical Bldg. • 550 30th Avenue, Suite #4 • Moline, IL 61265


Volunteers needed for Labor Day Race

UltraMidwest is getting ready for this year's 6/12/24 Hour Challenge. The ultra-marathon bicycle race entails 6-, 12- and 24-hour races on Labor Day Weekend.

The tradition of long-distance racing goes back to the 1980s in the Quad-Cities area. Joe Jamison and the QCBC hosted double centuries in the mid '80s and the 24-hour race format was extended through the '90s until 2003 by Dave Holmes.

Since then, UltraMidwest has produced several ultra events every year - two 200-mile races and the Labor Day "Weekend of Racing", which has brought riders from around the world to Port Byron for a race sanctioned by the UltraMarathon Cycling Association, and which is a qualifying race for RAAM.

But we need help. We aren't getting any younger - one of our group died in 2009 - and we could use volunteers to work the checkpoints, timing station, and food station. If you can't make it Saturday, we could use help getting the pasta dinner ready Friday before the race. If you can give us a few hours, call Dave Parker at (563) 940-9610 or email parker_dave@hotmail.com. Visit us at www.ultramidwest.net.

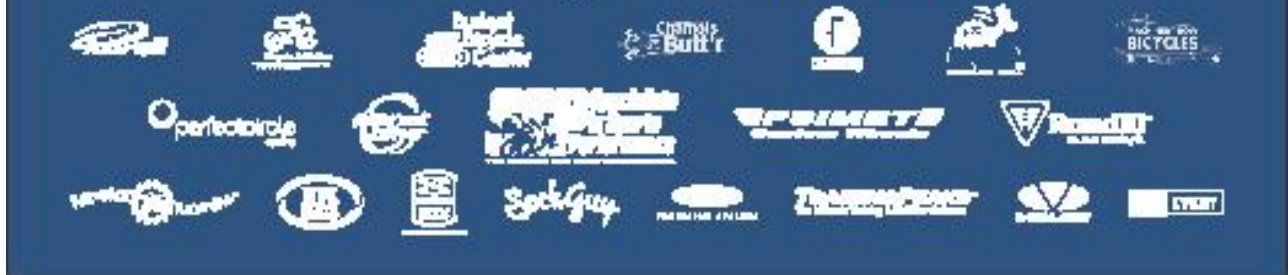


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**AUGUST 14, 2010
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A collection of sponsor logos including PerfectBike, Spinnets, and various cycling-related brands.

Quad Cities Bicycle Club Heartland Century
REGISTRATION FORM (Detach and Return)
Saturday, September 11, 2010



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



REGISTRATION FEES:

(Register by August 14

Long-sleeved Size: M___ L___ XL___ XXL ___
(100___)

Which Ride? (50___) (62___)

\$22 postmarked on or before August 14, 2010 _____

\$25 postmarked from August 16, 2010` _____

wear a
injury.

All participants are expected to
helmet to reduce their chances of

Total _____

QCBC Member - \$3 Discount - _____

GRAND TOTAL _____

MAKE CHECKS PAYABLE TO:
QUAD CITIES BICYCLE CLUB

Mail to: Scott B. Swanson

528 1st Ave
Silvis, IL 61282

For further Details Contact:

Email: sbswanson@cygnusrex.org

Web Site: www.qcbc.org

Phone: Scott Swanson (563) 940-

Please Print:
2901

Name: _____

Phone: _____

Street: _____

City: _____

State: _____ Zip: _____

Club Affiliation: _____

Pedalwheeling • 2010

ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all Event participants and volunteers)

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

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

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

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

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

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

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

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

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

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

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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American Bicycle Racing's ILLINOIS State Road Race Championships

Mississippi Bluffs Road Race

WHEN: July 17, 2010
WHERE: Adventurequest, 207th St North, Rapids City, IL
TIME: 11am race start
 9:30am registration and packet pick-up. Register closes 15 minutes before race start.

COST: \$20 pre-register by mail-in or with GetMeRegistered.com until July 14 (Add \$5 for 1-day)
 \$25 day of race registration (Add \$5 for 1-day)
 \$15 day of race for Beginners and Juniors (non-ABR members must buy 1-day License at \$5)
 \$5 Discount if racing 40K TT on July 18, 2010
 Please use the standard ABR Rider Release form for race entry.

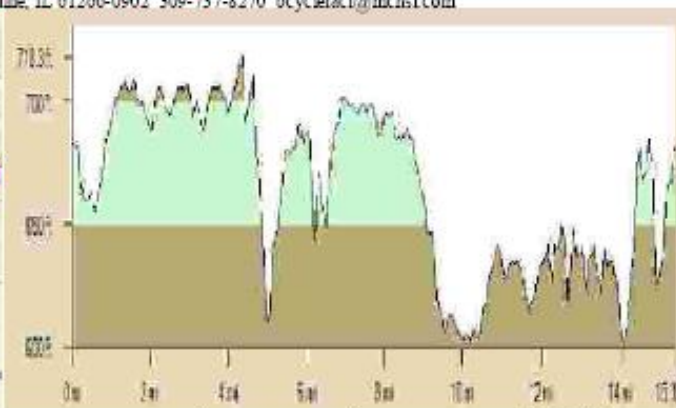
SANCTIONED BY: American Bicycle Racing (ABR). Must be an ABR member or buy 1-day license.
RACE RULES: All ABR Road Racing Rules apply and the CENTERLINE RULE will be in effect. Race course will be open to motor traffic, so please ride right side.
IN ORDER TO WIN JERSEY OR PRIZES - YOU MUST HAVE AN ANNUAL LICENSE - ONE DAY LICENSES ARE NOT ELIGIBLE.

RACE COURSE: The course is a 25K rolling loop with just over 700 feet of climbing.
DIRECTIONS: From I-88 (Rt. 5/John Deere Rd) exit at old Rt. 2, and take Rt. 2 east for .5 miles to the first left which is 207th St North, take the left and follow around and up the hill to Adventurequest on the right.
 From Iowa and I-80, take the first Illinois exit to Rapids City and Rt. 84. Go north on Rt. 84 to 17th St. in Rapids City and take a right. Go up the hill (very steep) through the stop sign to the "T" intersection at 11th Ave (which also turns into 207th N. Turn right and follow around to Adventurequest on the left.
 Adventurequest is directly behind the I-80 weigh station and 207th St N parallels I-80.


RACES:
 11am Men's Open Cat 1, 2, 3, 4 all ages —4 laps at 100K
 11:05am Men's Master's 30 to 80+ —3 laps at 75K
 11:10am Women's Open Cat 1, 2, 3, 4 all ages —3 laps at 75K
 11:15am Women's Master's 30 to 70+ —2 laps at 50K
 11:20am Men's and Women's Cat 5 Beginner and Masters 50 to 80+ Beginner One-day License holders and Juniors—1 lap at 25K

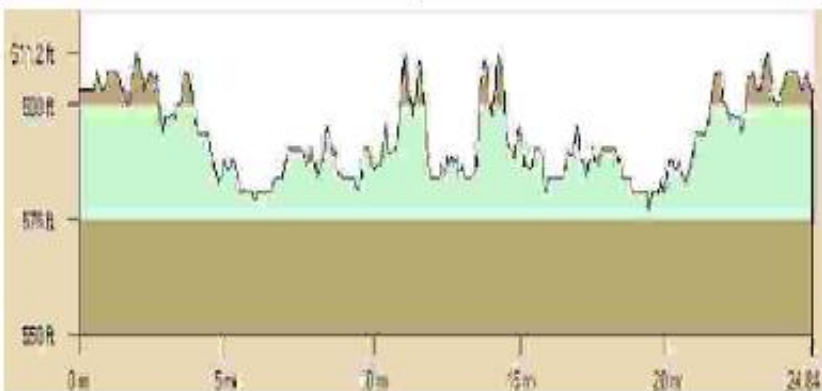
AWARDS:
 Men's Open 3 places—\$50, \$40, \$30 40+, 50+, 60+ 2 places each \$50, \$30
 Women's Open 3 places \$50, \$40, \$30 Plus each category will get State Champ Jerseys
 Men's and Women's Beginner/Juniors/Master's prizes for top 5 each gender up to 80+

CONTACT: Donnie Miller—Donnie's Indoor Cycling Experience
 PO Box 902, Moline, IL 61266-0902 309-737-8270 bcyclera@mcshi.com



ABR'S MIDWEST REGIONAL TT CHAMPIONSHIPS

<p>WELCOME: To the 8th Annual Dr Craig C Schultz Memorial 40K Time Trial</p>	<h1 style="margin: 0;">Dr Craig C Schultz Memorial 40K TT (AKA DICE/QCBC Cordova 40K)</h1>			
<p>DATE: Sunday 7/18/2010 Rain or shine.</p>	<p>AWARDS: Trophies to top 3 Overall. MATTS Medallions to top Senior & Masters Category and Age Group Winners, Tandem, Mixed Tandem, Recumbent, Break Away (Non-Aero), 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+ WOMEN: Open (1/2/3), Cat 4, 5, Juniors, Age Grade 30-39, 40-49, 50-59, 60-69, 70+</p>			
<p>TIME: 9 a.m. with the first rider off @ 9:01 sharp!</p>				
<p>LOCATION: Cordova, IL. 20 miles north of the Quad Cities. Registration and awards at city park shelter on west side of Route 84</p>	<p style="text-align: center;">Course Records Julie Foertsch 59:07.66 @ 25.22mph Jeff Otto 53:05.24 @ 28.09mph</p>			
<p>DIRECTIONS/PARKING: Cordova, IL is located 20 miles north of the Quad Cities and 15 miles south of Clinton, IA on the Mississippi River. There is parking in the city park on the southwestern part of town, right off of Route 84.</p>	<p>CONTACT: Donnie Miller Donnie's Indoor Cycling Experience PO Box 902 Moline, IL 61266-0902 Phone: 309-737-8270 E-mail: bicycleracr@mchsi.com</p>			
<p>PRE-REGISTER by 7/14/10. On-Line registration with WWW.GetMeRegistered.com. Late fee in effect after above date except for QCBC members. If you ride twice, you must pre-register. RACE DAY REGISTRATION will be held 7:45 a.m.—9:00 a.m. at city park shelter. No double rides on race day registration.</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p>FEES: Pre-Registered ABR Member \$20 Pre-Registered w/1-Day License \$25 Race Day ABR Member \$25 Race Day w/1-Day License \$30 \$5 Discount for second race \$5 Discount for racing Road Race day before Make checks payable to: Donnie's Indoor Cycling Experience</p> </td> <td style="width: 50%; padding: 5px;"> <p>Websites: DiceTraining.com dicecycling.com qcbc.org ambikerace.com GetMeRegistered.com</p> </td> </tr> </table>		<p>FEES: Pre-Registered ABR Member \$20 Pre-Registered w/1-Day License \$25 Race Day ABR Member \$25 Race Day w/1-Day License \$30 \$5 Discount for second race \$5 Discount for racing Road Race day before Make checks payable to: Donnie's Indoor Cycling Experience</p>	<p>Websites: DiceTraining.com dicecycling.com qcbc.org ambikerace.com GetMeRegistered.com</p>
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<p>COURSE: 40K, out and back course. Dead flat with one left turn. Turnaround in road. Course is open to vehicular traffic. Juniors can race either 20K or 40K.</p>	<p>RACE RULES: Riders go out in 1-minute intervals starting at 9:01 a.m. sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide holder. Park Tools will also have their self-service tool kit on site—free to use. NO REFUNDS.</p>			
<p>SANCTION: This is an American Bicycle Racing sanctioned event. You must have an annual license or purchase a 1-day license.</p>				



Du State Du Sunday, Aug. 15, 8 a.m., Loud Thunder Forest Preserve

2 mile Run + 15 mile Bike + 2 mile Run Duathlon

Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

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

Sponsors

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

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

\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

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

Age Group Division, Female

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

Fat Tire Division, Male

Fat tire is a tire width over 1.90 inches

Fat Tire Division, Female

Male Team Division

Mixed Team Division

Female Team Division

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

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/11/10)

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

Name _____ Age (8/15/10) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____

Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

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

Teammate's Name _____ Team Name _____

Entry Fee Per Person:

Early registration entry fee is \$29.00. Registration after 8/11/10 is \$34

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

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

Signature _____ Date _____ Parent Signature if under

18 _____

Make checks payable to: Du State Du

Mail to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

NOTE: Leisure Ride schedule not available. Check qcbc.org

July 2010 Ride Schedule

1-Jul	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
3-Jul	Saturday Leisure Ride Bettendorf-LeClaire	20-25 miles 10-13 mph	8:00 a.m.	Trail head, Hwy 67, across from Mickey's restaurant. Bett.	Vivian Norton 563-355-1899 563-508-1323
3-Jul	Saturday morning midpaced ride- Wilton, Durant loop...homemade breakfast stop!	45+ miles 14-16 mph	7:00 AM (note earlier time)	West Lake Park, Gate 1- north entrance, Davenport	Steve Geering 563-381-3619
3-Jul	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
4-Jul	Sunday morning midpaced ride- Independence Day- Riders' Choice	determined by riders 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Determined by Riders
4-Jul	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
5-Jul	Monday nite 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	
6-Jul	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	
6-Jul	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp - RampKathrynL@JohnDeere.com
7-Jul	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
7-Jul	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
8-Jul	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
10-Jul	Saturday Leisure Ride Colona-Geneseo	25-30 miles 10-13 mph	8:00 a.m.	Park at Colona United Methodist, 1709 Cleveland Road.(I-80, R onto Cleveland Rd.	Vivian Norton 563-355-1899 563-508-1323

July 2010 Ride Schedule

10-Jul	Saturday morning midpaced ride- Ride to Candy Kitchen in Wilton	54 miles 14-16 mph	7:00 AM (note earlier time)	Buffalo Park, Dodge St., Buffalo, IA	Andy & Perm Horst 563-381-3488
10-Jul	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
11-Jul	Sunday morning midpaced ride- Ride to New Boston, IL	50+ miles 14-16 mph	8:00 AM	Elementary School, 24017- 122nd Ave. W., Illinois City, IL	Dick Wolbers 563-332-9906
11-Jul	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
12-Jul	Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards!	25 mile or 35 mile	5:30 PM	Governor's Restau- rant, Bettendorf IA	
13-Jul	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	
13-Jul	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	Governor's. Mid- dle Rd. Betten- dorf, IA	Kathy Ramp - RampKath- rynL@JohnDeere. com
14-Jul	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
14-Jul	Wednesdy Evening FAST rides	Determined by riders	5:00PM	East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline	Roger Fobair 563- 940-5583
15-Jul	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
17-Jul	Saturday Leisure Ride Cordova-Hillsdale	20-25 miles 10-13 mph	8:00 a.m.	Cordova City Park, Hwy 84.	Vivian Norton 563-355-1899 563-508-1323
17-Jul	Saturday morning midpaced ride- RAG-BRAI training: Bistate route	60+ miles 14 -16 mph	7:00 AM (note earlier time)	iWireless Center, West parking lot, 1201 River Dr, Moline, IL	Dixon Novy 309-736-0162
17-Jul	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614

July 2010 Ride Schedule

18-Jul	Sunday morning midpaced ride- 3 hr out and back to northern Scott County	40 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	Mary Brus 563-332-9247
18-Jul	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
19-Jul	Monday nite 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	
20-Jul	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	
20-Jul	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp - RampKathrynL@JohnDeere.com
21-Jul	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
21-Jul	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
22-Jul	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
24-Jul	Saturday Leisure Ride Colona-Erie	20-25 miles 10-13 mph	8:00 a.m.	Cordova City Park, Hwy 84.	Vivian Norton 563-355-1899 563-508-1323
24-Jul	Saturday morning midpaced ride- Rural Scott County...route will depend on wind	40-45 miles 14-16 mph	7:00 AM (note earlier time)	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Dean Arney 563-355-1282
24-Jul	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
25-Jul	Sunday morning midpaced ride- Barstow, Joslin, Hillsdale	45 miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Kevin Smith 309-792-5613
25-Jul	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
26-Jul	Monday nite 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	

July 2010 Ride Schedule

27-Jul	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	
27-Jul	TUESDAY- Women's Only Rides- All skill levels welcome	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Kathy Ramp - RampKathrynL@JohnDeere.com
28-Jul	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
28-Jul	Wednesdy 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
29-Jul	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
31-Jul	Saturday Leisure Ride Colona-Geneseo	20-25 miles 10-13 mph	8:00 a.m.	Park at Colona United Methodist, 1709 Cleveland Road.(I-80, R onto Cleveland Rd.	Vivian Norton 563-355-1899
31-Jul	Saturday morning midpaced ride- Cordova to Erie & Albany, optional breakfast stop in Albany	40-45 miles 14-16 mph	7:00 AM (note earlier time)	Cordova Park, Hwy 84 & 11th St., Cordova, IL	Bill & Kathy Storm 563-355-2564
31-Jul	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614

August 2010 Ride Schedule

1-Aug	Sunday morning midpaced ride- Rock Island County route	40-50 miles 14-16 mph	7:00 AM (note earlier time)	Milan Community Center/Camden Park Hwy 67, South of Milan	Deb & Dean Mathias 309-787-6547
1-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
2-Aug	Monday nite 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	
3-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

August 2010 Ride Schedule

3-Aug	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
4-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
4-Aug	Wednesdy 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
5-Aug	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
7-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
7-Aug	Saturday morning midpaced ride- Northern Scott County ride	40-45 miles 14-16 mph	8:00 AM	North Scott High School, 200 S. 1st St., Eldridge, IA	Dan O'Dell 563-570-6872
8-Aug	Sunday morning midpaced ride- South Rock Island County, hilly route	50 miles 14-16 mph	8:00 AM	Rock Island Library-SW Branch, 9010 Ridgewood Rd, Rock Island, IL	Frank Beshears 309-762-0160
8-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
9-Aug	Monday nite 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	
10-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
10-Aug	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Kathy Ramp 309-738-8389
11-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
11-Aug	Wednesdy 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
12-Aug	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	

August 2010 Ride Schedule

14-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
14-Aug	Saturday morning midpaced ride- Taylor Ridge, Edgington	45 miles 14-16 mph	8:00 AM	Rock Island Industrial Park Thermo King parking lot 3900-81st Ave, Rock Isl Centennial Expressway,	Tom Scott 309-788-9257
15-Aug	Sunday morning midpaced ride- Buffalo and beyond	45-50 miles 14-16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Dick Wolbers 563-332-9906
15-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
16-Aug	Monday nite 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	
17-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
17-Aug	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
18-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
18-Aug	Wednesdy 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
19-Aug	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
21-Aug					
21-Aug	Saturday morning midpaced ride- Geneseo to Bishop Hill	45-50 miles 14-16 mph	8:00 AM	Geneseo City Park Hwy 6 & Center St, Geneseo, IL	Ken Urban 563-326-3427
21-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

August 2010 Ride Schedule

22-Aug	Sunday morning midpaced ride- 3 hour out and back	40 miles ¹⁴ -16 mph	8:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	Riders' Choice
22-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	City Park off Rt. 6 in Geneseo	David Thompson 764-5030, Gary Jones 359-5614
23-Aug	Monday nite 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	
24-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
24-Aug	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	Governor's. Middle Rd. Bettendorf, IA	Kathy Ramp 309-738-8389
25-Aug	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
25-Aug	Wednesdy 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
26-Aug	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
28-Aug					
28-Aug	Saturday morning midpaced ride- Savanna campout ride, make a weekend of it...or ride up as far as you like and turn back	14-16 mph	8:30 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Darlene Moritz 563-386-3499
28-Aug	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 17-19mph	800AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
29-Aug	Sunday morning midpaced ride- LeClaire loop	40 miles ¹⁴ -16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Jean Kelly 563-359-9508
29-Aug	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 17-19mph	800AM	Sunset Park, Rock Island. South parking lot.	David Thompson 764-5030, Gary Jones 359-5614
30-Aug	Monday nite 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	
31-Aug	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
31-Aug	TUESDAY- Women's Only Rides- midpace	17-30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389

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

Membership—Totals		
Type	Memberships	Members
COMP	21	24
COUPLE	207	414
FAMILY	96	345
IND	337	337
LIFE	3	5
Grand Total	664	1120

Welcome New Members:

NewMember	Spouse	CityState	Phone
Carrol, Daniel	Susan	Davenport, IA	563-386-9065
Dunleavy, Thomas	Shelley	Michigan City, IN	708-489-1680
Freemire, Mike	Lori	Bettendorf, IA	563-332-1090
Harris, Dirck		Annandale, VA	703-698-8808
Hulick, Brad		Annawan, IL	309-507-2322
Jahns, Karl	Suzanne	Bettendorf, IA	563-676-2402
Kvach, Susan		Bettendorf, IA	563-320-6747
Lass, Cathryn		Davenport, IA	
Sterling, Sarah		Davenport, IA	309-292-7797

Saturdays at Seven

During July, midpaced rides will start at 7 a.m. Saturdays. In the ride survey, several riders expressed an interest in the club offering earlier rides during warm months. Many want an early start to beat the heat and be back home for family activities. If the rides are popular, they will be expanded to include other summer months.

Tandem Rally Aug. 6-8 in Ankeny, Iowa

By Linda Barchman

Paired Iowans Going Somewhere (PIGS) will hold their annual tandem bicycle rally Aug 6-8 in the Ankeny, Iowa area. All tandem bicyclists are invited. A registration form and motel and camping information are on the PIGS website pigstandem.home.mchsi.com. There will be a short ride for ice cream on Friday. Saturday rides will include a lunch stop and the evening banquet. Sunday will have a short breakfast ride. For more information contact Don or Linda Barchman at 563-388-8043.

Volunteers needed for Heartland Century

By Scott Swanson

Registration is under way for the Sept. 11 Heartland Century. It starts at Illiniwek Park in Hampton and includes a continental breakfast. There are two rest stops on the 50- and 62-mil rides, one in Erie and one in Cordova. There also is a lunch stop near Morrison for those who do the full century.

Send the completed registration and waiver forms to Scott Swanson, QCBC Heartland Century, 528 1st Ave., Silvis. For questions, or to volunteer, email Scott at sbswanson@cygnusrex.org.

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 checked="" type="checkbox"/> QC Triathlon
			<input checked="" type="checkbox"/> Commuting	<input checked="" type="checkbox"/> Annual Awards Dinner <input checked="" type="checkbox"/> Packet Stuffing
			<input checked="" type="checkbox"/> Cyclocross	<input checked="" type="checkbox"/> Bike Rodeos <input checked="" type="checkbox"/> Race
			<input checked="" type="checkbox"/> Duathlons	Events
			<input checked="" type="checkbox"/> Endurance	<input checked="" type="checkbox"/> Computer Work <input checked="" type="checkbox"/> RAGBRAI
			<input checked="" type="checkbox"/> Mountain	<input checked="" type="checkbox"/> Du-State-Du <input checked="" type="checkbox"/> Ride
			Biking	Leader
			<input checked="" type="checkbox"/> Racing/ Training	<input checked="" type="checkbox"/> Health/Fitness Fairs <input checked="" type="checkbox"/> Ride Schedule
				<input checked="" type="checkbox"/> Heartland Century <input checked="" 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
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Davenport, Iowa

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

July 17—Mississippi Bluffs Road Race (Page 9)
July 18—Craig C. Schultz Memorial 40K TT (Page 10)
Aug. 14 — Dairlyland Dare (Page 6)
Aug. 15—Du State Du (Page 12)
Sept. 11 — Heartland Century (Page 7)

Get out and Ride!

