



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — August 2010



Ride To Wilton's Historic Candy Kitchen

By Andy and Perm Horst

On July 10, 17 riders rode 55 miles from Buffalo City Park to Wilton, Ia. They were Andy and Perm Horst, David Kealey, Dee Reed, Kathy Loomis, Tony Buck, Dixon Novy, Deb and Dean Mathias, Bill and Kathy Storm, Mike Wilcox, Gary Bowrey, Ken Urban, Phil Chebuhar, and John and Debbie Chebuhar. It was a beautiful day. The route took us past Wild Cat Den. Riders were able to see the mill and one-room school. We ate breakfast at the Wilton Café and then gathered at the Candy Kitchen. Dean 'Bareback' Mathias (with Perm at left) shared his lemon meringue pie. The return route took us through Durant and south back to the park. It was a good morning of biking with friends.



Key Contacts

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

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

<http://www.qcbc.org>

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

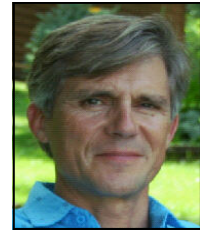
We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ 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



The corn is now so high that it's blocking the wind! Hoorah!

- **New Rides.** We are always trying to increase the number of published rides we offer new members and guests. More rides give us more options, gets more people riding and helps increase membership. Please contact a ride leader or me (jwhjkh@gmail.com) if you have a ride that you'd like to have added to our excellent Ride Schedule.
- **Route Bank.** Terry Burke will lead a small group of board members in developing a Route Bank. The "bank" will be a collection of favorite bike rides with directions, mileage, elevation gain and so forth to be posted in a special section of our web site. We've reviewed what other clubs are doing and hope to use the best ideas available. This will be a great resource for members and visitors. Please send Terry your ideas at tburke@qconline.com.
- **Awards Dinner.** Our annual Awards Dinner will be Friday, Nov. 12. Mike Giudici is obtaining a speaker for us. I do need someone to manage the dinner (rent a location, arrange for food, etc.). Contact me at jwhjkh@gmail.com if you would like to help. Otherwise, we eat what I like, and it will not be pretty!
- **2011 RAGBRAI.** No mistype here, we're talking about next year already. In August, several of us are having dinner with Joe Taylor, Quad Cities Convention and Visitors Bureau, and RAGBRAI director, T.J. Juskiewicz, to suggest that the 2011 edition end in the Quad-Cities. Feel free to contact T.J. at tj@ragbrai.org to show your support for a 2011 dip of the wheels in the QCA.
- **Fred Blessin Memorial Update.** It's possible that construction will start in July. We expect the memorial to be complete by Aug.. 31. More to follow!

Ride the Challenge on Sept. 25

By Dick Grimm

Here we are five years later, preparing for Challenge 2010 on Sept. 25. Hopefully, this year will be bigger than last year when we had more than 75 riders, plus several registrants who were unable to ride.

We had great weather last year, with riders from the Quad-Cities, Iowa City, Cedar Rapids, Muscatine and Wisconsin. The main point is, all that return or ride it for the first time get to meet the boys from the ranch and talk to Jim and Cathy Fry about the ranch and what it has done for these young men.

Miracles Can Happen Boys Ranch is a Christian Home atmosphere designed to help troubled boys suffering personal problems. They generate operating costs through various fundraisers. The ranch does not receive any government money and very little United Way money.

Last year we raised more than \$3,000 towards their care. Hopefully, we can raise twice that this year. Last year, after riding and enjoying some time with everyone, we had a couple return home with heavy hearts. After some thought, they sent the ranch a check for \$5,000. It's knowing that there are people in our midst like this couple that make me proud to be a cyclist.

This year, as always, the boys will be at the registration, breakfast and sag stops. Some talk freely and some are more reserved. But every year they never fail to be amazed at the fact that people will come out and pay to ride miles of hilly roads just to help them, and eat homemade cookies. Most riders find that the boys enjoy meeting everyone. I have found that most times they just want someone to care about them and listen.

This year, we again will be starting off with the great pancakes and sausage and whatever else Jim and Cathy find to fix, all prepared for the cost of a "love donation." There also will be root beer floats at the end of the ride.

There are four routes of 25-, 55-, 75- and 100-miles, plus the flexibility to add or subtract miles as you choose. With the four routes, we will have four sag stops available where the boys will work with volunteers to give riders a chance to meet them.

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

Register online, or download a form, at www.mchboys.com. Registration is \$20 until Sept. 11 and \$25 after. This year, we will have t-shirts for early registrants. Registrations and all donations are tax deductible.

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

Miracles Can Happen Boys Ranch is at 1614 300th St., Wilton, IA. 52778, or visit www.mchboys.com.

Wisconsin Fall Foliage Ride is Oct. 9-10

By Deb Mathias

Join Deb and Dean Mathias and others on the 2010 QCBC Fall Foliage Ride in Mt. Horeb, Wis. Oct. 9-10. The ride starts at 9 a.m. Saturday, Oct. 9 from the Military Ridge State Park Trail parking lot, and at 8 a.m. Sunday from the same location. The Mathiases will drive to Mount Horeb Friday evening, Oct. 8.

Can't get away for an entire weekend? Mt. Horeb is about 140 miles from Davenport – close enough to drive up and back the same day if you want to ride just one day on some new roads with spectacular scenery that is quite different from the corn and bean fields we've been looking at all summer.

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

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

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

We would like to know how many people to expect. Contact Deb and Dean Mathias at (309) 787-6547 or mathiasdebdean@peoplepc.com if you plan to join us. We'd also like a head count of people who would like to join the group for a great Italian dinner Saturday night. Non-riders are welcome to join us for dinner.

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

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

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

There also are two nearby parks for camping - Brigham Park, a 112-acre park with a spectacular panoramic view about seven miles west of Mt. Horeb and Blue Mounds State Park about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

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

Plan to enjoy a fun-filled weekend of cycling adventure and other activities

Join the Aug 28-29 Camp-Out Ride

By Darlene Moritz

Are you all ready for the August Camp-Out?

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

Showers are available for campers. RVs are welcome, but you must arrange your own drivers to get them there. Transportation will be provided from the motels with pickup time around 5 p.m.

All must attend the bonfire and most of us will cook out at the campground Saturday night. Bring tents, sleeping bags, camp chairs, food and drinks to the east end of the Ben Butterworth Parkway where they will be loaded in a van or trailer that will take everything to the campground.

We are staying near the Mississippi Palisades State Park. The van or trailer will be loading from 8 to 8:30 a.m. Saturday Aug 28th.

On the way, there are several small towns where we can get breakfast, lunch or whatever you need. The route to the camp near Savanna is roughly 72 miles. Cue sheets will be given out the morning of Aug 28th.

Don't miss the fun. For more information, and to make reservations, contact Darlene Moritz at (563) 386-3499 or dmoritz@access.net.

We need to know if you are camping or staying in the Hotels in Savanna



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Sight, Speed and Common Sense on a Bike

Get rid of the notion that you can't bike in town.

Some people persist in believing that they have to load their bikes on their car and drive down to the path to go biking.

Desist!

Bicycling through our urban communities is not particularly dangerous and doesn't have to be harrowing. But you do need to take heed of three basic safety considerations: sight, speed and common sense.

Sight goes both ways. You want to be seen and to be seeing.

Ever wonder why many urban cyclists look like billboards for fluorescent Green River or seem to be celebrating yellow/red Jackson Pollock paintings? It's no accident. These with-it city cyclists want you to notice them. The clothes they're wearing are deliberate eye magnets. Vehicle drivers can hardly avoid them – and that's what it's all about - being noticed so drivers can avoid you.

The flip side of sight is riding through the streets with your eyes wide open. In other words, be constantly aware of where you are, what's around you, and where you're going. It's acting just like a vehicle driver, but without the distractions of cell phones, GPS devices, loud radios, or getting involved conversations with the person next to you.

Speaking of which, bicyclists do not – yes, that's not – have the right to ride two abreast any time, any place. They have that right, “as long as the normal and reasonable movement of traffic is not impeded.” That's a big difference.

For urban riding, it basically means riding single file. Most city streets and avenues don't have the width. Do the math.

Four feet for you. Two feet between you and your friend. Four feet for your friend. Three feet by law that a vehicle has to maintain away from a bike. Total: 13 feet. Most car lanes are 10 to 12 feet wide.

So biking with your friend could take up even more than a lane. That just might impede normal and reasonable movement of traffic.

Even bike lanes are configured for single riding.

There's another aspect too: Why ride two abreast? What's the point? To socialize? To talk? That's nice. But the problem is – just as with two people talking in a car – it can be distracting. It can take away concentration on the road and traffic. In urban situations, that can be crucial.

To sum it up, ride single file, always on the right, and keep your eyes wide open and your mind attentive.

Speed. To look at bicycling magazines, speed is what it's all about. But speed doesn't work often in urban situations. By the time you get going, boom, there's a stop sign. Even going down a hill fast is problematic, what with debris on the shoulder and speeding cars.

Want to go as fast as possible? Go out to the country or if you must speed through city streets, enter a Criterium.

Let common sense tell you that in the city you are sharing roads with a heavy concentration of vehicles. You can ride safely with them – if they see you, if you're to the right of the street, if you aren't speeding through stop signs and intersections, and if you're alert to what's going on around you.

Happy urban bicycling.

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.

Century Awards Are Here Again

By Vivian Norton

When was your first century? Remember? I do, and probably so does most everyone who has.

It's been about four years since the first century awards were given. This year, the QCBC Board will be giving an award to any club member who completes a first century in 2010.

Be sure to get in some 60-70 mile rides and at least 500 miles before you try a century. Those miles are not a must, but will sure make a century easier and the chances of completion greater.

Pick a great day with low/no wind and ride from Sunset Park to Savanna with some side trip miles around Hillsdale, and you'll easily do a flat century. Going with some other riders makes it more fun and the time and miles go quickly. Be sure to stop for drinks and food.

Another opportunity for a century is at the Heartland Century in the fall. The route may go over more hills but the route is marked and has sag stops. You will have plenty of company.

To report your first century, contact Vivian Norton at (563) -355-1899 or vjoan@q.com. You will receive your award plaque at the annual dinner in November.

10 Reasons to Cycle a Club Ride

By Ken Urban

Get off the same old trails and out on the roads.

Discover new routes and destinations.

Meet interesting riders and form long friendships.

Be challenged to ride faster & further.

Gain confidence riding in a group.

Scheduled rides for cyclists of all abilities.

Train for other QCBC events such as TOMRV, RAGBRAI, Heartland Century, etc.

Receive advice from veteran riders.

Explore exotic locations...Buffalo Prairie, Warner, Cable, Ulah, Hooppole, New Era, Sweetland Center, Argo, etc...

Share conversation, stories, pie and tubes with fellow riders.

Free, reduced cost bike helmets

From Iowa Bike Coalition

The Iowa Civil Justice Foundation and the Iowa Bicycle Coalition are partnered in a joint Safe Cycling project promoting bicycle helmet use for Iowa kids. The groups will collaborate to outfit children with new bike helmets at community events across the state. This bicycle helmet project is a continuing commitment for the Iowa groups, who are currently accepting event requests.

If you are interested in organizing a bike rodeo or bike ride in your community, the Safe Cycling project may provide free bike helmets for the event. To request bicycle helmets for your event, visit <http://iowabicyclecoalition.org/node/390> and complete the application for free or reduced cost bicycle helmets.

FREE Bike Guide for New Iowa Cyclists

If you are a new bicyclist in Iowa, get a FREE bike guide from the Iowa Bicycle Coalition. This offer is good for a limited time to Iowa residents only. Visit <http://www.iowabicyclecoalition.org/node/395> to order your copy. This guide is only available for a limited time, so act fast.

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
 ordinary 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

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:

City: _____

Street: _____

State: _____ **Zip:** _____

Club Affiliation: _____

Pedalwheeling • August 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

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

2010 Modern Woodmen Bank QC Criterium Volunteer List

By Donnie Miller

Terry and I want to thank every Criterium volunteer. Each year it gets harder to get volunteers to work events. We seem to have the same people working every year and couldn't do this event without them. Therefore, a big thank you to all who helped make the 45th edition very special. If I inadvertently missed a name, or misspelled it, please let me know so I can correct my records...and sorry if I did!

Steering Committee: Race director, Donnie Miller: Terry Burke, Carl McClaskey, Darlene Moritz, Mike Atkins, Catherine Rodgers-Ingles, Lisa Ball.

Registration: Chairman, Vivian Norton: Terry Burke, John Norton, Jeff Cozad, Lori Oien, Joy Duex, Ron Oien, Barb Donald, Lisa Paulos, Kathy Doyle, Margaret Paulos, Chet Doyle, Rick Paulos, Jane Garret, Ken Urban, Linda Barchman.

Corner marshals, crossing guards: Chairmen, Deb and Dean Mathias: First shift supervisor, Steve Geering. Second shift supervisors, Linda Work & Terry Inch: Tom Redington, Carmen Lair, Diane Oestrich, Bill Sturgeon, Dave Bodens, John Munson, Rene Bodens, John Punkiewicz, Merle Schleusener, John Grice, Dennis Majetic, Shawn Wetzel, Anne Fleischmann, Stacie Wetzel, Otto Geering, Ernie Twotant, Jeff Hogue, Dr. Margaret Millar, Dave Stephens, Dave Cinotto, Gary Christenson, Fran Inch, Melinda Thompson, Nancy Inch, Bill Scott, Carl Morris, Mary Scott, Cheryl Morris, Bill Harrington, Andy Horst, Mark Schroeder, Permillia Horst, Greg Hansen, Bonnie Sturgeon, Tom Bolton, Pat Bolton, Kentley Loewenstein, Tom Brooks, George Van Thorre

Third shift supervisor, Tom Scott. Fourth shift supervisors, Mike Desch & Frank Martin: Dan O'Dell, Tim Marler, Todd Hunter, Tony Fisher, Dan Brown, Tracey Masamoto, Dean Arney, Jason Krack, Joe Kleiss, Andrew Desch, Bill Laird, Bill Wiebel, Al Lasek, Jim Bernas, Jackie Carlson, Fred Krack, Errol McCollum, Mike Bell, Frank Beshears, Denise Duethman, Bill Brewer, Barney Young, JoAnn Faris, Doug Sell, Raul Briseno, Kevin Kraft, Darrell Bush, Mollie Conrad, Chet Doyle, Gene Conrad, Kathy Doyle, Ken Schiess, Steve Shippey, Sue Kleiss

Bicycle Parking: Chairmen - Deb and Dean Mathias: Cassie Collins, Don Collins. **T-shirt sales:** Chairman, Lisa Wessling: Lisa Ball, Emily Wessling, Laura Kithcart, Chris Claub, Hannah Klepsteen, Kevin Peterson, Alicia Schriener-Hall. **Wheel Pit:** Chairman, Walt Dethlefs: Henry Dethlefs, Mathew Levy, Jill Dethlefs, Victor Levy, Scott Schnauffer, Dan Burns, Kat Greer, Don Luth, Mike Benson, Dave Thompson, John Harrington

Prize Desk: Chairmen, Darlene Moritz: Doug Nelson, Lindsay Christy, Jessica Maass, Melinda Thompson, Emily Nelson. **Trikes and youth races:** Chairman, Dean Mayne: Ingrid, Bob, Brach & Joey. **National Anthem singer:** Sandy Wohlford; **Website:** Mike Moritz; **Photography:** Ken Urban; **communications,** Mike Smith; **Medical tent:** Paul Sullivan; **Pace car drivers:** Paul Gilbert & Gary Patch; **Logistics overall:** Bob & Adam Jackson; **Argus race materials upload/download:** All from Chapter 299 VVA. **Supervisor** – B. McSparin: Andy Anderson, L Tschappt, B Albrecht, Ron Staes, Mike Green, Jerry Paletto, Todd Harlow, Terry Lynch, Ray Hamilton

Course set-up/teardown: Supervisor ,Adam Jackson. Brad Heitz. Assistant Supervisor: S. Coon, Bob Heitz, Jeremy Shirk, Jake Hebbeln, Josh Anderson, Pat Hanrahan

Race day trash: all from QC Xtreme. Supervisor, Brooke Bennett, Dan Larson, Tracy Conner, Stacy Kelley, Jackie Van Meighan

Preems: Irene De Langhe; **Announcing:** Kenne Labbe, Laurel Darren

Bike Rodeo: Chairman, Dean Mayne: Jim Hary, Shelby Crane, Tom Erps, Mary Beth Mayne, Dorie Erps, Molly Mayne, Deren Batterson, Jeff Leonard, Christy Filby, Becky Passman, Scot Schaar, Karen Nord, Ingrid, Bob, Brach & Joey, two Rock Island Police Officers, a retired school superintendent - If anyone remembers his name, please call me so we can get him recognized.

Officials: Chief Referee, Steve Eppel; Assistant Referee, Mark Guthart; Chief Judge, Brett Griggs; Assistant Referee, Marek Jasinski; Chief Registrar, Rick Paulos; Assistant Referee, Emma Weiss; Motor Referee, Scott Swanson; Assistant Referee, Nikki Cypranowski; Assistant Referee, Heidi Mingesz

Other Groups: The Vietnam Veterans Association Color Guard Squad, Illinois Mason's Child ID Program (CHIPS), The River Bandits, All of our Sponsors, vendors and everyone at The Dispatch/Argus.

Thanks to Criterium volunteers

By Vivian Norton

I want to give a special thanks to all the following who put off other activities and put in many volunteer hours to make the Quad City Criterium a success: Linda Barchman, Terry Burke, Jeff Cozad, Jane Garret, Barb Donald, Joy Duex, Kathy Doyle, Chet Doyle, Vivian Norton, John Norton, Lori Oien, Ron Oien, Lisa Paulos, Rick Paulos, Margaret Paulos and Ken Urban.

For those of you who didn't have time or were out of the area, you may be called next year to volunteer. You can bet everyone listed above will get a call!

Rewards? Well, some food vouchers and the usual T-shirt. Most of all, they have the knowledge that they have contributed to a great QCBC event and are keeping our organization vital and successful.

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

August 2010 Ride Schedule

Fast-paced ride schedule unavailable. Check qcbc.org

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					
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	
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					
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
7-Aug					
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					
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

August 2010 Ride Schedule

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	
14-Aug					
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 Isld Centennial Expressway,	Tom Scott 309-788-9257
14-Aug					
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					
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

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					
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	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
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					
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					
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

September 2010 Ride Schedule

1-Sep	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
2-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
4-Sep	Leisure Ride	25 mi. +/-	8:00 a.m.	Illinwick Park (Hwy 84) Illinois-Rider's Choice	Vivian Norton- 563-355-1899- vjoan@q.com
4-Sep	Saturday morning midpaced ride- Scott County loop	40-45 miles 14-16 mph	8:00 AM	Pleasant Valley High School, East parking lot by tennis courts	Kevin Kraft 563-505-9688
4-Sep					
5-Sep	Sunday morning midpaced ride- Riders' Choice	TBD 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders' Choice
5-Sep					
6-Sep	Labor Day midpaced ride- McCausland pancake breakfast and car show	40 miles 14 -16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	No ride leader
7-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
7-Sep	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
8-Sep	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
9-Sep	Thursday Illinois evening ride	Determined by riders	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	
11-Sep	Saturday morning- Heartland Century, 3 mileage options 50, 62 or 100 miles	50-100 miles 14-16 mph	6:30-8:00 AM	Illiniwek Park, Hampton, IL	Scott Swanson 563-940-2901
12-Sep	Sunday morning midpaced ride- 3 hour out and back, no breakfast stop	40-45 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Rd, Bettendorf	Anne Fleishman 563-505-0655
14-Sep	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

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	203	406
FAMILY	96	344
IND	336	336
LIFE	3	5
Grand Total	659	1110

Welcome New Members:

NewMember	Spouse	CityState	Phone
Cronk, Cliff		Bettendorf, IA	563-349-2196
Dooley, Patrick		Davenport, IA	563-579-4189
Hulick, Brad		Annawan, IL	309-507-2322
Jackson, Mike	Jenn	Moline, IL	
King, Jim		Hopewell, IL	309-274-5575
Larson, Donn		Port Byron, IL	309-236-2601
Morgan, Cade		Coal Valley, IL	
Spindler, Steve	Sandi	Jenkintown, PA	215-887-5986
Sterling, Sarah		Davenport, IA	309-292-7797
VanDerSchaaf, Steve	Betsy	Bettendorf, IA	563-508-2224
Weber, Dave		Jackson, WY	307-690-9358
Woods, Maurice		Rock Island, IL	309-230-3001

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.

Seeking Pedalwheeling editor

I've been editing Pedalwheeling for four or five years now. Maybe it's time for some new blood. Anyone interested in taking over the newsletter should contact me, Jackie Chesser, at jchesserqc@gmail.com or club president John Harrington at jwhkh@gmail.com.

Quad Cities Bicycle Club

Membership Application

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

New Application Renewal Application

Membership Type Individual \$20/Year

Date of Application (mm/dd/year) _____

Couple \$20/Year

Family \$20/Year

Sponsor \$40/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

(Including Area Code)

(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/ Training	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
				<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

Aug. 6-8— Tandem Rally (Page 5)
Aug. 15—Du State Du (Page 10)
Aug. 28-29: Camp-out ride (Page 4)
Sept. 11 — Heartland Century (Page 7)
Sept. 25—Ride the Challenge—(Page 3)
Oct. 9-10—Fall Foliage Ride (Page 4)

Get out and Ride!

