



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — December 2010

Practicing what they preach

By Laura Anderson, The Dispatch/Rock Island Argus

Some doctors who talk the talk, actually do walk the walk, practicing the health tips they preach to patients one step, pedal, bicep curl or boat oar at a time.



Dr. John Dannenfeldt, a QCBC member

Some local docs have been active all their lives, while others started later. But all agree that practicing what they preach gives them more credibility with patients.

"If you don't live a healthy lifestyle, it's hard to give people advice and feel honest about it," said John Dannenfeldt, a family physician at Genesis Health Group in Silvis. "You have to learn something about what works by doing it yourself."

If you're not in shape, "trying to tell someone to get in better shape doesn't really fly," said Michael Giudici, a cardiologist with Cardiovascular PC in Davenport, Moline and Silvis.

Dr. Giudici ran the Bix for 25 years, and when his "old, creaky knees and back" told him to quit running, he went back to bicycling, something he did as a kid and in college. He now belongs to a local racing team and lifts weights to

keep in shape.

He said being in shape helps when he has to stand on cement floors for five-hour procedures wearing 30 pounds of lead. "It's very physically taxing, very blue collar," he said. "You need to be in good shape to just do the job."

Dr. Dannenfeldt spends eight to 10 hours per week running, biking and swimming, and participates in triathlons and iron man competitions.

He said he was active in school, but gained weight after he started working. In 2003, he decided to get in shape and completed his first triathlon in 2004.

Dr. Dannenfeldt said his longtime patients are aware of his transition. "They know at one point I wasn't heavy, then I was too heavy, and now I've dropped 80 pounds.

"It's important to be a good role model," he said. "The best way to lead is probably by example."

Peter Sharis, also a cardiologist at Cardiovascular PC, became a champion rower while a student at Harvard and was on the U.S. Olympic Rowing Team a couple of times.

After Dr. Sharis moved to the Quad-Cities in 2002, he joined the Quad-Cities Rowing Club, but said that because of job demands, he spends more time on a rowing machine than actually rowing. "It's hard to find daylight hours to get out on the water," he said.



Dr. Margaret Millar, a QCBC member

Doctors, contd. on page 5

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

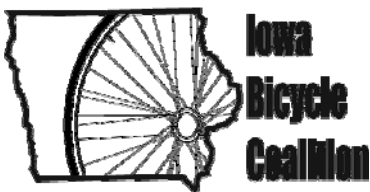
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

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: qbceditor@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 Spring and Fall, Spring Picnic, QC 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



www.iowabicyclecoalition.org



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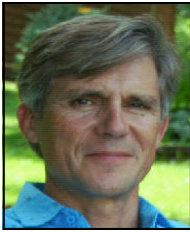
Editor's note on picture submissions

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



We had a blast at this year's annual Awards Dinner. The food and the venue were the "best ever" per Carter Lebeau.

Six-time Leadville winner Dave Wiens wowed us with his presentation, his answers to our questions and his willingness to talk with everyone.

Dave even rode with about 20 mountain bikers at Sylvan Island the next morning. Later, our FORC brothers and sisters treated him to a Mexican breakfast followed by beer at Bent River.

Before hopping on his plane back to Colorado, Dave told us he really enjoyed his trip to the QCA, how impressed he was with our local cycling community and that he'd not had a beer before noon for over 15 years.

In a follow-up email Dave said "Thanks again for bringing me in and showing me such a great time! I really appreciate the opportunity, had lots of fun and enjoyed meeting some of the cast of characters that are the QCBC, an awesome and diverse crew!"

To top off the evening we honored members for achieving personal goals and for their service to our club. We resurrected the Volunteer of the Year Award to recognize Donnie Miller's great work and the 1st Century award for riders that completed their first century rides.

Dave Thompson handed out Round-the-World awards and Kathy Storm was presented with the Award of Merit for her years of service and leadership. And finally, we honored Charlie Sattler's quarter century of service as a QCBC board member.

Thanks go to Denise Deuthman for handling all the dinner logistics and for finding a way to feed the overflow crowd.

Extra special thanks go to Mike Giudici for his foresight and enthusiasm to make Dave's visit happen.

Rest assured, we know that we've set a new benchmark and are already working on next year's event. Hope to see you there.



Dave Wiens, left, with John Harrington.

Farewell to long-time QCBC supporter John Wessel

John Carl Wessel, 63, formerly of Davenport, died Thursday, Oct. 21, 2010, in Austin, Texas. Cremation was Oct. 28, at Clements-Wilcox Funeral Home, Burnet, Texas. A local service was held Nov. 19, at First Lutheran Church, Rock Island, where the Wessel family has worshiped for three generations.



In lieu of flowers, memorials may be made to the following: Livestrong-The Lance Armstrong Foundation; Vera French Foundation or the Humane Society of the United States.

John was born in Moline on July 14, 1947. He graduated from Rock Island High School, attended the University of Iowa and served in the Army Reserves. He was founder of Wessel Pattern Co., in Moline, where he was in business for 31 years. He had recently retired and he and his wife, Barbara, were residing in Liberty Hill, Texas.

John was an avid bicyclist and a member of the Quad City Bicycle Club and the Austin Cycling Association.

John and Barbara enjoyed traveling, particularly on their tandem bicycle, and shared many memorable trips together including three-month-long tours of Europe. They had retired to the Texas Hill Country, where they were enjoying their country home along with Barbara's Paint horse, their two Brittany Spaniels, and their Siamese cats.

In addition to his wife, Barbara, John is survived by his sister, Carolyn Cady, Castro Valley, Calif.; stepsons, Steven Boyd, Eldridge, and Shea Boyd, Horseshoe Bay, Texas.

For condolences please visit www.clements-wilcox-burnet.com.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

It's happening. Perhaps you've noticed it, maybe even subconsciously..

Bicyclists are out there, more than in the past, and not just on our paths. They're all over – biking on our streets, avenues and roads.

And from what they tell me, they're not just on a lark. They have business to attend to – work, school, shopping, care giving, you name it.

The Quad-Cities is seeing a quiet revolution. What could be more appropriate: bicycles equal quiet and revolving wheels, cranks, chains, etc.?

If not officially certified by any national organization, we are becoming a bicycle friendly community. Consider the advances made this year:

- We've had ribbon cuttings for two new trail connections. One, that I prefer to call the RIM connection (Rock Island and Moline-Milan) along the Rock River actually links four communities on the Illinois side of the river: Rock Island, Moline, East Moline, and Milan.

It's now possible for Rock Islanders to go shopping on a bike at a myriad of businesses along the John Deere Road corridor – along with a riverside trip to Black Hawk College. And the opposite soon will be true – East Moliners visiting Black Hawk State Historic Site, with a side trip to Milan thrown in.

(Hmm . . . perhaps the whole corridor trail could be named the Black Hawk Trail. It would be appropriate and avoid much confusion.)

- The other ribbon cutting celebrated the closing of a troublesome gap in the Great River Trail, which is a part of other statewide and nationwide trails. The new section of trail takes non-motorized traffic off busy Ill. 84, and connects the Wildlife & Fish Refuge Center to the off-road trail leading into Savanna.

Although the full 65 mile-plus Great River Trail still has some on-road sections, these are low trafficked country roads and city streets. A bicycle-friendly trail for 65 uninterrupted miles along the Mississippi is unprecedented. And it's all there for us. The trail's originator, Vern Gielow, has to be looking down from up there and smiling.

Also this year, bike activism within our cities is picking up speed. Beginning with Rock Island's Bicycle Task Force, cyclists in Moline, Bettendorf, and just recently East Moline have joined with city officials and staff members to form task forces.

Right now the focus is on coming up with comprehensive bike plans for each city, following the Rock Island model, which was adopted by the city council last year.

And that model has resulted in two significant soon-to-be additions to Rock Island's use of bicycle lanes for safe and directed travel on its city streets. One addition – along 31st Avenue - will be an east-west corridor connecting Sunset Park (and the Great River Trail) with 38th Street and then to the new Rock River trail—the RIM connection of the Black Hawk Trail, if I may be so bold.

Mileage totals for 2010

By **David Thompson**

I'm compiling total miles ridden for 2010 for print in the February Pedalwheeling. Figure out how many miles you road between Jan. 1 and Dec. 31 and send them to me by Jan. 10, along with the number of centuries ridden in 2010 plus your lifetime miles. It will be interesting to compare lifetime miles. Send them in when you think you are done riding in 2010 to ultrabiker@sbcglobal.net. For more info, call me at (309) 764-5030.

At this years QCBC banquet, five plaques were handed out for Around the World Awards.

Matt Levy, Silvis - 150,000 miles

Doug McCollum, Milan - 50,000 miles

Gary Hagener, Moline -50,000 miles

Don Luth, Blue Grass - 25,000 miles

John Meade, Rock Island - 25,000 miles

QCBC Inaugural Hall of Fame Induction Ceremony

By David Thompson

It seems the older we get, the more our thoughts trend toward our past. And so it is with organizations.

It really shouldn't have taken this long, but on Oct. 29, the Quad Cities Bicycle Club, local bike shop owners and leaders of local cycling clubs gathered at the Quad City Botanical Center to witness the inaugural induction of three achievers in three distinct categories of bicycling.

Jeff Bradley (road racing), Steven Gay (endurance racing) and Carter Lebeau (adventure/touring) all gained global, national or state fame for their bicycling achievements and all were members of the QCBC at the time. (Rules for induction require membership in the club during their riding careers or residents of the Quad-Cities area if their careers pre-dated the creation of the club.)

Bradley, who was equally adept at speed skating and just missed making the U.S. Olympic Skating Team, did make the U.S. Olympic Cycling Team. He brought home a gold medal from the Pan American Games and soon was recruited to race with the famed 7/11 team.

The team competed as amateurs initially, but soon raced as professionals. The team raced the European Pro Circuit and then the Giro de Italia. Two years later, the team competed in the Tour de France. Bradley was the first and only QCBC member to do so.

He credits the support of his parents for providing him the knowledge and attention as he developed into arguably the finest athlete ever produced in the Quad Cities.

Gay's journey on the bicycle began with long solo rides, including frequent centuries, which led him to enter the 700-mile John Marino Open race in 1986, where he finished ninth out of 78 racers. This race was a qualifier for the mythical "Race Across America" (RAAM), and because he finished in 45 hours 48 minutes, he was invited to race RAAM the following year.

It's highly unusual for a cyclist with only one endurance race experience to qualify for this event, but even more so for him/her to enter and be an official finisher. Gay's time for the 3,117-mile event was 11 days and 59 minutes. With this accomplishment, Gay remains the only QCBC member to officially finish Race Across America. As did Bradley, Gay gave credit to his family for their support and for serving as his support crew during the race.

Lebeau is perhaps one of the best known tourist/adventure cyclists in the Midwest. He is the only cyclist to have participated in every RAGBRAI. Through his countless miles on the road and willingness to engage people in cities small or large to tell the story of cycling, he has influenced an immeasurable number of people to ride.

His tours, organized and solo, have been over great distances and usually with a purpose; riding to and from the Nashville, Tenn. and New Orleans, La. World Fairs, riding from the Portland, Ore. to Denver, Co. for the U.S. bicentennial, Long Beach, Ca. to Washington, D.C. for the Iowa sesquicentennial.

In addition, he popularized the Tailwind Ride concept by holding at least one tour each year for more than 22 years. Lebeau also is the only QCBC member ever inducted into the Hall of Fame as well as receive the prestigious Award of Merit.

Letter to the editor

I'd like to thank Denise Duethman and John Harrington for all their good work in putting together the best QCBC Dinner ever!

The venue and food were the best and Dave Wiens was the perfect guest. Dave's talk was genuine and funny. He signed autographs and raised about \$500 for FORC to build more trails by signing copies of Race Across the Sky which sold in minutes.

He went for beers after the event with us downtown and then Saturday had a great time riding MTBs with FORC on Sylvan Island and having the ceremonial post-ride Mexican breakfast with the guys.

Thanks to Trek Store and Healthy Habits for bringing over great bikes and gear to get our salivary glands working before dinner. We're still in the afterglow of the weekend, which we'll remember for a long time to come.

Next year, we'll try not to schedule this with a big race the next day elsewhere so more people can attend from out-of-town. Thanks again!

And congrats to Donnie Miller for the "Volunteer of the Year" Trophy! Donnie puts on the QC Crit, Bluffs RR, and the 20K and 40K TTs that attract many riders from Chicago. Super job!

Mike Giudici

Doctors, contd. from page 1

Dr. Sharis, who also bicycles, said he encourages his patients to be active and recommends walking and swimming as great ways to start. "Any level of exercise or activity is great."

Being active himself "sets a good example, especially for a cardiology practice," he said.

Rafat Padaria, another cardiologist at Cardiovascular PC, said she exercises regularly and works with a trainer once per week. "If you don't stay healthy, it's just downhill."

Dr. Padaria said most of her patients' body mass indexes are high, so she's "always advocating health and exercise." "I do practice what I preach," she said. "It's important your patients see you are not some obese and overweight smoker who's advocating the opposite."

Thirteen years ago, Margaret Millar, a physician at River Valley Healthcare in Moline, decided to quit smoking and run a triathlon.

She said the decision came after the revelation that "I'm a doctor, and I felt like a hypocrite."

Dr. Millar, who works out regularly and practices yoga, said patients won't take a doctor's health advice seriously if the doctor is not following that same advice.

She said she hopes her now healthy lifestyle allows her to be a role model without being "in your face" about it.

Paul Rudy, a physician at Trinity Family Medical Associates in Geneseo, has run the Bix 20 times, participates in marathons, triathlons and iron man competitions, and swims, bikes and lifts weights.

"I try to encourage exercise with my patients," he said. "Sometimes I'm successful and sometimes I'm not. One thing I'm sure of after 20 years of medicine: exercise is good for you. I'm not sure about the medicine, but I'm sure about the exercise."

He said staying active helps him promote healthy lifestyles. "If people in your community see you biking and running around town and working out all the time, they know if you ask them to do it, they tend to believe you."



QCBC president John Harrington, with QCBC member Dr. Mike Giudici, right.

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Please read the RAGBRAI XXXIX article in Pedalwheeling or online.

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

WE MUST HAVE YOUR Registration, Check & Register Release forms by FEB. 19, 2011.

Make check payable to: QCBC - RAGBRAI

1. PERSONAL DATA (Please Print Legibly in all areas)

NAME _____ BIRTHDATE (REQUIRED) _____

STREET _____ APT/STE/UNIT _____ PO BOX _____

CITY _____ STATE _____ ZIP CODE _____

CELL/CONTACT PHONE _____ HOME PHONE _____

OCCUPATION _____ E-MAIL _____

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? ___Road/MTB ___Tandem ___Recumbent

___Other Please specify other _____

3. RIDE STATUS

INDICATE RIDE SERVICES BELOW

Des Moines Register "Fee Paid" tag	\$150.00	_____
QCBC transportation/baggage fee (bus out, camp & haul bags)	\$150.00	_____
Baggage service only (find own way out)	\$ 80.00	_____
Bus return to Davenport	\$ 55.00	_____
Des Moines Register "Basic Souvenir Pack" (T-shirts - M, L or XL only)	\$ 25.00	_____
D M Register "Premium Souvenir Pack" (RAGBRAI XXXVIII poster and T-shirt)	\$ 40.00	_____
RAGBRAI XXXIX QCBC Jersey (Primal Wear)	\$ 50.00	_____

QCBC Club Cut Jersey

SM _____ (35-37) MD _____ (38-40) LG _____ (40-42) XL _____ (42-44) XXL _____ (44-46) XXXL _____

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Register subscriber? Daily ___ Sunday ___ Daily & Sun ___ Non-subscriber ___

Every rider must sign the liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXIX or in any of the activities associated with RAGBRAI XXXIX.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____ Date _____

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

PLEASE NOTE: **QCBC MEMBER MINIMUM COST IS \$230** FOR "TAG" & "BAG" SERVICE;

\$300 FOR "TAG", BUS OUT, CAMP & BAGS. ADD **\$55** FOR BUS BACK TO DAVENPORT.

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AGREEMENT, WAIVER & RELEASE OF LIABILITY

**RAGBRAI® XXXIX
JULY 24-30, 2011
The Des Moines Register**

EACH ENTRANT MUST SIGN AN INDIVIDUAL WAIVER. FAXED WAIVERS WILL NOT BE ACCEPTED.

This form may be photocopied; however, faxed signed waivers will not be accepted.

I, the undersigned, know and understand that RAGBRAI and its related events involve potentially hazardous or dangerous activities and conditions. I attend RAGBRAI and all related events out of my own free will and choice. In choosing to attend RAGBRAI and any related events, I fully accept and assume all risks, whether before, during or after RAGBRAI and its related events. These include, without limitation, physical injury, mental injury, emotional distress, trauma, sickness, illness, death, contact with others, equipment failure, inadequate safety equipment, the effects of weather including extreme temperature or conditions, traffic, contact with motor vehicles of all types and descriptions, collision with other riders or fixed objects, the conditions of and/or design and other defects in the road and facilities, including campgrounds, all risks along the route, and the negligence of others, including, without limitation, those persons organizing, sponsoring, or participating in RAGBRAI and/or events occurring in connection with it. I am aware that the risk of injury or death is always present in biking and RAGBRAI's attendant events and that this risk cannot be eliminated by RAGBRAI organizers, sponsors, and the government and private entities that host or assist in the RAGBRAI events. I know and accept that biking and road accidents may result from the failure for any reason (including negligence) of RAGBRAI organizers, sponsors, and the government and private entities that host or assist in the RAGBRAI events to correctly determine the conditions and safety of the road, surface, route or weather or to predict where or when an accident might occur. All risks are known, appreciated and assumed by me, and I waive any and all specific notice of the existence of them and further waive the obligation, if any, that any other person or entity has to advise or warn me of them. I assume liability for and agree to pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I authorize the use and release of personal and medical information in connection with any medical services provided to me.

I realize that RAGBRAI events require physical conditioning. I represent that I am in sound medical condition capable of participating in the RAGBRAI events without risk to myself or others. I have no medical impediment that would endanger others or me. I understand that a situation may arise during RAGBRAI and related events that may be beyond the control of the sponsors, promoters, organizers, government and private entities or others that host or assist in RAGBRAI and all related events, or may arise from negligence by them, and I accept and assume all risks of participation and/or attendance. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner that does not endanger others or me.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in RAGBRAI and its related events, I for myself, spouse, children, heirs, next of kin, assigns and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold The Des Moines Register and Tribune Company and its parent company, subsidiaries and affiliated entities; RAGBRAI sponsors and participating clubs, communities and organizations; RAGBRAI officials, emergency and support personnel, volunteers and

their representatives; official Friends of RAGBRAI; persons and entities that provide event recommendations, advice or services relating to matters such as route selection, design or maintenance, risk management, safety and first aid; all property owners, law enforcement agencies and governmental or public entities, including without limitation the State of Iowa, its counties, cities and special districts; and the officers, directors, employees, representatives, agents, assigns, and successors of all of the above, harmless from any and all claims, demands and actions of any and every kind, including claims of negligence, I have, may have or may hereafter accrue against the released parties directly or indirectly arising out of or relating in any respect to my attending or participating in RAGBRAI and/or any related events. My waiver and release of all claims, demands, actions and liabilities shall include without limitation, any personal injury, accident, illness or death and any property damage or loss that may be: (a) caused by any act, or failure to act, by the above-identified persons and entities, including without limitation, their negligence, errors, omissions, fault, failure to enforce rules, and conditions of the routes and/or event premises, and/or (b) sustained by me before, during or after RAGBRAI and its related events. I acknowledge that I am signing this agreement freely and voluntarily, and intend by my signature for this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I further acknowledge that no representations, promises, statements or inducements have been made to me other than as set forth in this document. I will abide by all RAGBRAI rules and regulations. I understand that my name, address, photograph, voice and/or likeness may be used in promotional or advertising materials of or by The Des Moines Register and Tribune Company, and its licensees. I consent to such uses and waive any rights of privacy or publicity I may have in connection with those uses. I also waive any privacy rights that may result from disclosure of information about me, including without limitation, in connection with provision of any medical services by RAGBRAI sponsors and organizations. I further agree to indemnify and hold the parties released above harmless from any and all losses, damages, injuries, claims and expenses, including attorneys' fees, arising from or relating in any respect to my attendance and/or participation in RAGBRAI and/or its related events or my breach of this agreement. If I am a minor, my parent or guardian also is signing on my behalf. We both agree to be bound by the terms of this agreement, waiver and release. I also waive all spousal claims relating to RAGBRAI, if any, that I hold or that may arise through me. I agree that no modifications or amendments to the standard Entry Form and this waiver and release shall be binding unless they are accepted in a separate writing signed by the President of The Des Moines Register and Tribune Company.

If special arrangements are required for individuals with disabilities to complete and submit this form or if translation to another language is required, please contact T. J. Juszkiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 4, 2011. The Register will take those steps reasonably available to accommodate your request.

Si arreglos especiales son requeridos por personas incapacitadas para completar o someter este documento o si se requiere su traduccion a otra lengua, notifique T. J. Juszkiewicz en El Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50306-0622 antes de 4 del Marzo, 2011. El Register tomara las medidas razonablemente disponibles para acomodar su solicitud.

I (the previously-named entrant on the Individual Entry Form) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND I AM GIVING UP SUBSTANTIAL RIGHTS. (SUBMIT SIGNED ORIGINAL; FAXED OR PHOTOCOPIED SIGNATURE WILL NOT BE ACCEPTED.)

Printed Name _____

Date Signed _____

Unique ID (Office Use Only) _____

Signature of Participant _____

Please See Next Page If Participant Is Under 18

**ALL PAPER APPLICATIONS MUST BE POSTMARKED NO LATER THAN FEBRUARY 19, 2011
MAIL TO: Dixon J. Novy 704 12th Street DeWitt, Iowa 52742**

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RAGBRAI XXXIX

It is that time of the year to be thinking about next summer's RAGBRAI. Tony Buck has taken over chairing the organizational duties of the QCBC RAGBRAI charter services. I will be once again be handling the registration duties and charter applications. The QCBC RAGBRAI Charter has always been a great experience for those who have joined us in the past and we hope that many new cycling enthusiasts may accompany us this year as well.

The 2011 ride will be July 24 - July 30, on a route to be announced on January 29. The Registration Application and Des Moines Register RAGBRAI waiver will be available in the December and January issues of Pedalwheeling. These forms will be available on our website (www.qcbc.org) after November 15th to our cut off date. RAGBRAI Waiver must accompany your QCBC Registration form to my address. Do not send your RAGBRAI Waiver to the Des Moines Register. Do not register on your own but send me your form and I will register our charter guests as a group. Please take your time and **PRINT** your information on our registration form, where I can read it. This saves me time if I do not have to call or write you to question your penmanship. Be sure to **INDICATE** your ride services in section # 3 Ride Status, as this too saves a great deal of time when I am processing a couple hundred applicants.

Our registered Charter Club Members will be privy to the QCBC RAGBRAI newsletter in April, May and June. These contain very helpful information such as hotels for out of town guests, our local practice rides, a complete list of what to pack, bike shipping & bike loading & packet pick up info, most importantly - safety tips and much more information, showing you why we are the premier charter service for RAGBRAI.

The deadline for returning your registration and waiver forms will be February 19th, 2011. You will be guaranteed a RAGBRAI TAG by registering with our club. **Simply send your QCBC registration, fees and RAGBRAI waiver to me and I will process your paperwork for you.** Please do not register or request wristbands from more than one (1) source. The Des Moines Register does a computer check and will not issue any passes to you if you are found requesting a wristband from multiple sources. Also, our bike club will get penalized.

You must be a QCBC member by December 31st, 2010 in order to qualify for our club rates. If you are not a member of the QCBC (or renewed your membership) by the end of December, you will need to put your name in the Des Moines Register lottery. If they select you, and we have space available in our charter, we would be able to provide you the same transportation, baggage and camping services, but at a higher fee.

Cost for the weeklong wristbands is \$150.00 each. Transportation to the start of the ride and haul your bags for the week will be \$150.00 and bus return from the ending town will be \$55.00 per person. There will be a \$20.00 processing fee deducted from your total on all QCBC club member cancellations/TAG transfers.

December 2010 Ride Schedule

1-Dec	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
4-Dec	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
5-Dec	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
8-Dec	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
11-Dec	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
12-Dec	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
15-Dec	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
18-Dec	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
19-Dec	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
22-Dec	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
25-Dec	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
26-Dec	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
29-Dec	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499

January 2011 Ride Schedule

2-Jan	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
5-Jan	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
8-Jan	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
9-Jan	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
12-Jan	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
15-Jan	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
16-Jan	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
19-Jan	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
22-Jan	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
23-Jan	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
26-Jan	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
29-Jan	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
30-Jan	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	

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	18	18
COUPLE	220	440
FAMILY	98	352
IND	336	336
LIFE	3	5
Grand Total	675	1151

Welcome New Members:

NewMember	CityState	Phone
Deke David	De Witt, IA	563-650-
Hoeller John ,Carole	Davenport, IA	7301 563-359-
Johnson Charles ,Sue	Bettendorf, IA	9228 309-781-
Leiter Anthony	Roel Island, IL	3414 309-341-
Rich V. Jim	Galesburg, IL	5296 563-421-
Smith Charles	Leclaire, IA	9748 563-499-
Warner Bill	Davenport, IA	8070

Hitch-mount bicycle carrier for sale

Rhode Gear Interstate Hitch.
 Bought new in March 2003 (still have original manual & receipt).
 Holds four bikes. Fits two - inch receiver.
 Asking \$100.
 Contact Paul Levesque at (309) 762-5639 or levesque5562@att.net



QC Marathon Volunteers

By Deb Mathias

Thanks to the following cyclists for volunteering at the Sept. 26 QC Marathon.

The following Bike Medic Patrols road the last three miles to watch for runners who may have medical problems and provide radio communications to personnel who could render assistance: Robert Anderson, Cassie Collins, Scot Heisdorffer, Kentley Loewenstein, Frank Martin and Brian Rolf.

These people were bike marshals who rode in front of the lead male and female marathoner and half marathoners: Don Collins, Michael Hughes, Dean Mayne and Donnie Miller.

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

Get out and Ride!

