



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — January 2011

## Wisconsin Fall Foliage Ride another success

By Deb and Dean “Bareback” Mathias

Many cyclists arrived in Mount Horeb, Wis., Friday night for the Oct. 9-10 Fall Foliage Ride, and to wait in line to eat at the Grumpy Troll on a busy homecoming weekend.

The 11 Wheeling Wheelmen members included returning hill veterans Rich and MaryKay Drapeau, Tom and Deb Wilson, Jeff Biedka, Paul LeFevre and Dan Wiessner. First-timers included Dan Szokarski, Kae Takeshita, Tony Vercilio and Eva Larson. Sue-Jen Leong came along as support and dined with the group Saturday night.

QCBC Hill Troll veterans included Phil Schubbe, Dixon “Razorback” Novy, Ken “Urban Legend” Urban, Fast Phil Fellner and Dean Arney. Joining them were QCBC first-timers Jim Stiman, Anne Flieschman, Desiree and Jimmy Aidala, Dick Wolbers, Katherine Bain, Kathy Loomis, Alan Nordstrom and Phil Chebuhar.

Kathy and Terry Lockheart chose the Military Ridge Trail option. Iowa City Hill Troll veterans Gary Obadal and Joe Smith came determined to test the Vermont Church loop.

The warm Saturday morning was quite a contrast to the snow flurries last year. The yellow foliage was nearly five days past peak, but the rest of the color spectrum gave us the “Hue to do!”

The view from Blue Mounds State Park lookout was worth the climb up the steep hill, and Ken Urban caught some action shots of riders.

On a first-time route into Mazomanie, Razorback uncoupled two hoses at a horse farm to improvise his own horse trough for cooling his jets. Many ate at The Whistle Stop restaurant in Mazomanie, while the Wheelmen made a quick stop at Subway.

On the return trip, Reeves Road seemed more difficult after a large lunch, but Fesenfeld hill helped burn most of the calories.

Des and Jimmy, Al Nordstrom and Don Schiff capped their return ride with the North Road Hill Troll challenge. Other QCBC riders chose the new pavement on route JG, and encountered smoke from some leaf/campsite fires.

Riders later enjoyed a feast in the Sole Saporì Restaurant banquet room and discussed the day’s adventure.

There were fewer QCBC riders Sunday. Cyclists headed south through Mount Horeb neighborhoods and coasted down a shaded and cool Sand Rock Road to start the ride to New Glarus.

Ken Urban took some action photos on the sharp uphill climb on Malone Road. The hills on Lewis and Sharpes Corner Roads, and then Argue Road, required some energy.

As QCBC and BIC cyclists arrived in New Glarus, one group of Wheelmen was refueling at an outdoor table. Another group was ready to head out of town. Many riders hit the bakery and cheese shop. The 70-degree temperature down the home stretch was an October treasure.

As Phil Schubbe put it while walking one of the steepest grades, “I’m here to enjoy this Fall Foliage Ride and no one should miss this experience because of a tough hill or two or three.”

Thanks to all the Wheelman, BIC and QCBC cyclists who drove the distance, biked the distance, and shared the vistas of the 2010 Wisconsin Fall Foliage Ride.

To see Ken’s pictures from the Fall Foliage Ride, visit:

[http://photo1.walgreens.com/walgreens/thumbnaillshare/AlbumID=5061677004/a=15510847\\_15510847/otsc=SHR/otsi=SALBlink/COBRAND\\_NAME=walgreens/](http://photo1.walgreens.com/walgreens/thumbnaillshare/AlbumID=5061677004/a=15510847_15510847/otsc=SHR/otsi=SALBlink/COBRAND_NAME=walgreens/)

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)

Vice President - Denise Duethman (309) 721-7276 or [neuromanager910@yahoo.com](mailto:neuromanager910@yahoo.com)

Recording Secretary - Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)

Treasurer - Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

**Quad Cities Bicycle Club**  
P.O. Box 3575  
Davenport, IA 52808  
[www.qcbc.org](http://www.qcbc.org)

### Board Members:

Terry Burke (309) 797-3790

Don Luth (563) 381-3750

Dave Thompson (309) 764-5030

Don Collins (563) 340-3476

Doug McDonald (563) 332-6774

Charlie Sattler (563) 391-3422

Michael Hughes (563) 332-5605

Donnie Miller (309) 737-8270

Ken Urban (563) 326-3427

**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: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser or David Weckel, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. **Commercial ads are available at the following rates:** ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.

**Major Activities of the Club Include:** Tailwind Century in 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](http://www.iowabicyclecoalition.org)



[www.bikeleague.org](http://www.bikeleague.org)



[www.bikelib.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**



Dear Santa, I've been good and I need warmer clothes.

-- **Fred Blessin Memorial Update:** Everything the city of Davenport needs for the memorial has arrived and is ready to be installed in the spring. The frame for the new bulletin board is in place just west of the bike path in Eastern Avenue Park.

-- **Tour of the Islands:** Yes, Joe Jamison and crew will hold our club's annual kick-off ride at 9 AM on March 5, 2011. I rode my first Tour last year and had a blast. We had great attendance, a relaxing pace and enjoyable company. Looking forward to seeing everyone again this year.

-- **Time to vote!** The Iowa Bicycle Coalition is looking for your input as they represent our interests with the Iowa Legislature. Please take 30 seconds and respond to their survey. Your input will support much needed bicycle safety and accessibility legislation in Iowa. <http://www.iowabicyclecoalition.org/survey>

-- **Ride Maps online:** Thanks to a nudge from Dean Mathias we will soon post ride maps at QCBC.org. Terry Burke is leading a hard-working group to develop the maps by benchmarking best efforts from other clubs nationwide. Stay tuned for news just in time for your spring rides.



Fuji - Kestrel - wethepeople & SE  
BMX

89 9<sup>th</sup> St. Hours:  
Silvis, IL. 61282 M-F 10 – 5:30  
309-752-9850 Sat. 10 – 2

On 9<sup>th</sup> Street by the railroad tracks  
Full Service Shop  
Work on all makes and models  
our web site - [letsrideinc.com](http://letsrideinc.com)

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**  
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[www.drsmithdpm.com](http://www.drsmithdpm.com)

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

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**Iowa Bicycle Summit Jan. 28-29**

The Iowa Bicycle Summit will be held Jan. 28-29 in Des Moines. It's dedicated to producing low-cost, accessible education on building stronger bicycle communities. It gives city engineers, planners and bicycle advocates information on the best practices in bicycling for transportation and recreation.

The summit is again joining forces with RAGBRAI's Ride Right safety meeting at the Hy-Vee Hall in Des Moines. The summit will conclude with the announcement of the 2011 RAGBRAIRoute. You can get more information AND Register at <http://www.iowabicyclecoalition.org/iowabicyclesummit>



## Pushing for Pedaling

Promoting bicycling advocacy

By Chuck Oestreich

### Motorized Motion Termination on Trails

I'm a purist when it comes to some aspects of bicycling.

For instance, I can enjoy riding in rain (snow is something else entirely); I know that a bike is a great urban transportation vehicle; and I firmly believe that trails should be limited to non-motorized conveyances and, of course, walking and running.

About that last point I'm not alone. Most trail users look aghast at any motorized vehicle they meet on a trail, except – of course – those used by handicapped people. But motorcycles, all-terrain vehicles, minibikes, mopeds, motorized scooters, electric-powered vehicles, golf carts, and any other vehicles powered by gas or electricity are as welcome as a bicycle on an interstate highway.

In fact, the comparison is apt: On federally subsidized trails – which means most of them – they are expressly forbidden, just as bikes on the pikes are.

Here's what federal law says: Bicycle and Pedestrian Legislation Title 23 United States Code 217 (h) Use Of Motorized Vehicles.- **Motorized vehicles may not be permitted on trails and pedestrian walkways under this section.** A few exceptions are listed: maintenance, snowmobiles and electric bicycles (when permitted locally), and motorized handicapped assistance vehicles.

Clearly the intent is to recognize that – like parks – trails promote a common community good, especially in regard to exercise, fitness, bodily invigoration, outdoor experiences, natural appreciation, and sometimes even spiritual uplift. And this all comes without pollution, external energy use, psychological frustration, obesity from lack of physical action, negative environmental impact, and expensive damage to personal vehicles.

Indeed, for most if not all, a city's parks, trails and other non-motorized escapes that allow and promote physical activity are major components of a city's value.

And yet, somehow, we have mixed emotions about this. We love to have external devices take over as many of our personal chores as possible. A wash machine, a power lawn mower, a car – all are givens in our society.

And when a new machine comes around that motorizes some of our taken-for-granted activities, we jump for the new gadgets. One such is the Segway.

It's been in existence for more than 10 years, but just this past year appeared for the first time as rentals on the Davenport Mississippi waterfront trails.

People could now go limited distances in machines that did their walking and balancing for them. And they were powered by electric motors, not by the physical power of the people on them.

To me, the Segways violated some sort of a societal trust: We have and need special places reserved just for completely human powered activity. As we advance, we need these places so we can tap our basic humanity, unassisted by external energy.

Motor scooters, ATVs, Segways and the like, when they're used on trails, all infringe on an important amenity of urban life: peaceful, slow-traffic and relatively slow-speed, human powered refuges from the mega-motors and exponential engines of modern life.

Do tour our trails and enjoy all the positive benefits they give, but for your own sake, take your own power to a trail, not that of a motor or an engine.

Ten years ago I wrote this: "In a nation where creeping diabetes caused by obesity (brought on by less and less exercise) is threatening to become the norm, the Segway should be banned by the Surgeon General, or at least come with a large sticker saying, 'This product is not healthy to your general existence.'"

Rather than the Segway, let's segue into providing more bicycle and walking enhancements in our cities and towns."

And I would now add: "and especially on trails."

**2011 RAGBRAI XXXIX REGISTRATION - QUAD CITIES BICYCLE CLUB (QCB)**

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

**QCBC Club Cut Jersey**

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

**TOTAL \$** \_\_\_\_\_

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.

**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](http://www.qcbc.org)) after November 15<sup>th</sup> 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 all at once. It 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 19<sup>th</sup>, 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 31<sup>st</sup>, 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.

## 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	

## February Ride Schedule

2-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
5-Feb	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)	
6-Feb	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	
9-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
12-Feb	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)	
13-Feb	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	
16-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
19-Feb	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)	
20-Feb	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	
23-Feb	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
26-Feb	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)	
27-Feb	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	

Membership—Totals		
Type	Memberships	Members
COMP	18	18
COUPLE	224	446
FAMILY	102	364
IND	334	332
LIFE	3	5
Grand Total	681	1165

Welcome New Members:			
New Members / Spouse		City, State	Phone
Clark Jacop		Davenport, IA	309-255-2832
Cox, Tim	V icki	Ooltewah, TN	423-510-9095
Deke, David		De Witt, IA	
Hamilton, Carol		Coronado, CA	
Hoeller, John	Carole	Davenport, IA	563-650-7301
Holod, Beth		Saint Paul, MN	651-260-7819
Johnson, Charles	Sue	Bettendorf, IA	563-359-9228
Krack, Fred		East Moline, IL	309-755-5553
Mangan, Ben		Davenport, IA	563-323-6245
Mullins, Jeff	Joyce	Davenport, IA	563-355-6753
Schneider, Rick	Jean	Bettendorf, IA	563-320-0515
Stach, Randy	Kelly Skiles	Geneseo, IL	309-502-1030
Stoffer, Jim	Jaye	Davenport, IA	563-355-6759
Voss, Dick	Barb	LeClaire, IA	563-289-4524

### UltraCycling News – 2011

**By Dave Parker**

It’s that time again, time to take the Big Dogs Century Challenge. We just finished up the 11<sup>th</sup> year and there are still a few brave souls that have done a Century a month since the inaugural year of 2000.

It’s easy to get started. Go to [www.big-dogs.org](http://www.big-dogs.org) and register, if you haven’t already, then log in and start entering your rides in the Mileage Logger.

You’ll be in good company. Big Dogs has several notable names in endurance cycling. Marko Baloh of Slovenia recently set several world track records, including the hour -distance record (475.25 km), 24-hour distance record (903.765 km – that’s about 23 mph for 24 hours, and he had a flat!), and the fastest 1000km ride at 27 hours, 31 minutes and 9 seconds.

There are several RAAM finishers, and this year’s winner of the UMCA UltraCup, Kurt Searvogel. Of course, there are a few Big Dogs in the Iowa/Illinois area who would probably enjoy a bit of company on those long winter rides, but for those of you who would rather spend your spin time indoors these days, the Dogs have a special event going on right now.

The VO2Max Chamois Butt’r Indoor Challenge! Log your trainer, roller or spin miles – making sure that you record them as Type = Trainer/Roller, and see how many minutes you can log on the stationary cycle by March.

We use minutes, not miles for this challenge because – hey when you’re spinning you’re not going anywhere! Normally, the rider with the most minutes for the months of December through March, gets a reward from Paceline Products – makers of Chamois Butt’r. (Guess what that prize might be...)

However, just because the Century Challenge has its roots in the QCBC, the Big Dogs have a special prize for the male and female QCBC member who rides the most training minutes from Jan. 1 to March 31. Hope to see your name in the ranks of the Big Dogs.

<p><b>Charlie Sattler says thanks for the memories, and hard work</b></p> <p>I would like to personally thank all the wonderful people I have worked with while being on the board of the QCBC.</p> <p>My first official term started in 1983. I first was appointed to the board in 1982 to fill a vacancy.</p> <p>Over the years, I have worked with so many good people who have made the bike club what it is. I know my contribution is small compared to most.</p> <p>I can’t believe all the accomplishments that have occurred—bike trails, bike lanes, and bike racks on city buses, just to name a few. All these accomplishments are done by people who want to improve cycling for everyone.</p> <p>I would also like to congratulate Kathy Storm who was awarded the award of merit. This is a very special award given to someone who has made great contributions to the bike club.</p> <p><b>Charlie Sattler</b></p>
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**Get out and Ride!**

