



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — March 2012

## Chuck asks: What's in a Name?

By Chuck Oestreich

The buzz reverberates through the coffee shops, diners and after-work refreshment centers. "What's with these bike paths? Now they're building a new bike bridge over the slough on Davenport's Credit Island bike path. And there's a bike path bridge over Duck Creek between Bettendorf and Riverdale."

Or, "last year they built a bike path leading to the new Rock River bridge to Milan. Who's paying for these bike paths? I can't drive my car on them – not even my motorcycle."

The furor gives a dedicated bicyclist pause.

Is there substance to this undercurrent of opposition, something society hasn't gotten right through 40 years of trail building?

Could it be that the whole thing is a tempest in a semantic teapot. The problem is the meaning we give to common words. We're not talking about libelous ethnic slurs or gaudy characters from the New Jersey shore. No, it's those simple, common names that sometimes aren't what they seem.

Case in point: Bike Path.

We know exactly what it is, right? But do we? Is it a dedicated strip of ground or pavement solely for the use of bicyclists? That's what pops to mind. But what about walkers, runners, bird watchers, skateboarders, and all sorts of other users, including those going to work?

We've lived for years with that name – bike path – but it's obvious that bikes don't have exclusive use of them. For proof, just go down to the Butterworth Parkway any summer day and note who's using the path.

So if it's not a bike path, what is it? A recreational trail? Well, not quite. It certainly is used predominately for recreation, but a significant number of people also use it for transportation, which means they are using it to go someplace rather than just simply to go. And generally we don't charge people for using in-city streets and avenues to go somewhere. Instead our transportation arteries are supported by taxes by the public for the common good.

On the other hand, specialized recreational facilities - gyms, fitness spas, and those that demand personnel on the premises, such as golf courses, indoor ice skating facilities - often are partly supported by taxes and users.

But that doesn't apply to passive recreational facilities that are open to all. Our public parks have a long tradition for being open to the public for free – but again supported by taxation.

So a path is both transportation and open recreation. It's doubly worth support by general taxation. It's both in one basket. Try to find another facility in our cities' parks departments that offers so much to so many – and to so many varied uses and users.

This isn't to say that support groups couldn't come to the aid of paths with voluntary contributions for such things as occasional sweeping, winter upkeep, and other above-the-line expenses that come up. A Quad-Cities bike support group, such as the group that supports the Hennepin Canal Trail, would be a real positive benefit.

There's still the problem with those darn words and what they mean. How do we deal with that term "bike path?" Just eliminate the word "bike." Call it a path or trail and we'll all know it for what it is – a public facility open to one and all for recreation and transportation, traditionally supported by the public for the public good.

Perhaps if we turned "bike paths" into just plain "paths," those in the group discussions in the coffee shops, diners, and bars would more clearly see what paths are in actuality: unique facilities which give both recreation and transportation to the general public, and that aren't necessarily just about bikes.

Who knows, by taking the bike out of bike path, the buzz in the air could moderate into a gentle murmur of appreciation.



## 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      Laurel Darren (309) 230-2484      Doug McDonald (563) 332-6774  
Kevin Kraft [kkbluenote1@gmail.com](mailto:kkbluenote1@gmail.com)      Michael Hughes (563) 332-5605      Donnie Miller (309) 737-8270  
Don Collins (563) 340-3476      Don Luth (563) 381-3750      Dave Thompson (309) 764-5030

**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.

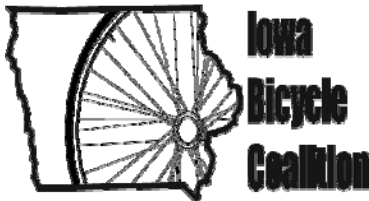
**Club Meetings:** Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) 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 Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



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



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



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

## Volunteer to advocate for QCBC and the cycling community

By Charlies Curry

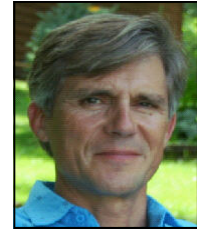
Help advocates for QCBC, the outstanding local cycling opportunities we enjoy, and cycling in general.

QCBC participates in several local corporate and municipal health fairs, where hundreds of people pass by our event table, eager to engage in discussions about local cycling scene.

Assistance is needed to adequately staff these events. To volunteer, or for more information, contact Charles Curry at [c Curry@mchsi.com](mailto:c Curry@mchsi.com) or (309) 797-9283.



**Let's Ride!**  
**John Harrington, QCBC president**



Looks like Old Man Winter is not going to beat us riders. Temps are starting to increase daily.

**Movie Night.** Our first Movie Night, featuring *Bicycling Dreams* was a hit. We topped off the evening with a Skype video call with Stephan Aurbach, the movie director. He provided some wonderful insights about the riders and production of the movie.

Stay tuned, we've created a Movie Committee to organize future QCBC Movie Nights.

**Fast Paced Ride Leaders.** Dave Thompson and Gary Jones have decided to hang up their fast-paced ride leader jerseys for a while. I thank them for the many, many rides they have led over the years. Please contact either of them or me ([jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)) if you would like to lead some or all of the fast-paced rides.

**Tour of the Islands.** Be sure and join us on Saturday, March 17 to ride the Tour of Islands. You'll tour several local islands with your bike, a lei and your friends that don't pay attention to the weather. In the past we've been spoiled with cookies and hot chocolate drinks. Be there. Aloha!

**TOMRV.** 35 registration is open. Join us on Saturday, June 9, as we ride to Clarke University in Dubuque. We'll enjoy a beer at the world famous Beer Garden with a sumptuous buffet dinner to follow. And on Sunday, we return home while enjoying THE BEST SAG services of any ride you have ever ridden. Go to [QCBC.org](http://QCBC.org) for more info and sign up today.

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## Thomas Stevens Account of Passing Through the Quad-Cities During His “Around the World” Trek

(Late June and/or Early July 1884)

Submitted by Joe Jamison, QCBC Historian

“I hear the distant whistle of a Mississippi steamboat. Its hoarse voice is sweetest music to me, heralding the fact that two-thirds of my long tour across the continent is completed.”

“Crossing the "Father of Waters" over the splendid government bridge between Davenport and Rock Island, I pass over into Illinois. For several miles my route leads up the Mississippi River bottom, over sandy roads; but nearing Rock River, the sand disappears, and, for some distance, an excellent road winds through the oak-groves lining this beautiful stream.”

“Riding along rather indifferent roads, between farms worth \$100 an acre, through the handsome town of Geneseo, (Geneseo) stopping over night at Atkinson, I resume my journey next morning through a country abounding in all that goes to make people prosperous, if not happy.”

And so Stevens left our communities and continued on to the Atlantic coast and from there completely around our globe. He caused a sensation, and was the guest of monarchs, constables and not a few brigands, narrowly escaping death on more than one occasion.

All of this was accomplished on a “Penny farthing”, or “Ordinary” or “Bone Crusher” weighing over 40 pounds. Within five years, these bicycles would be history, replaced by the “safety” bicycle.

Beginning with this March issue, we'll be providing very short memories of our Club's history. We hope you enjoy them.

### This March in QCBC Cycling History

By Joe Jamison, QCBC Historian

- **1982:** The Southland Corporation, owner of the 7-11 Bicycle Racing Team, announced signing Jacque Bradley, racer and Mel Bradley, team coach. They join Jeff Bradley, a racer who joined 7-11 in 1981! All are QCBC members.

- **1992:** Bill Lagan's *Heartland's Annual Weekend of Centuries* is named the Best Serviced Century in America for 1991!

- **2001:** Chuck Oestreich, QCBC Advocacy chairman, announces program to measure bicycle path traffic which will include distributing surveys asking what the rider feels are the most critical needs for future bike path development

### “Destroying Demons on the Diagonal” a great read

By Paul Sullivan

I just finished reading a wonderful book by good friend and fellow cyclist Jeff Sambur of Ft. Collins, Colorado.

In the book, "Destroying Demons on the Diagonal," Jeff writes about his bicycle journey across the U.S., sort of diagonally. He starts his trip in San Diego and finishes in Maine.

Jeff writes about his exploits on the trip and describes the friends he made and was re-acquainted with along the way. What demons did Jeff destroy? You'll have to order the book on Amazon.com to find out.

I'm sure you will enjoy Jeff's wry humor and I can tell you that the story is very touching, especially the Epilog. On sale right now, \$10.04 for the book or \$6.99 on Kindle.

## QCBC General Meeting to be held March 27

By Denise Duethman

The Quad Cities Bicycle Club general meeting will be held at 7 p.m. Tuesday, March 27, at The 11th Street Precinct Bar and Grill, 2108 11th St., Davenport. Pizza, beer and pop will be provided for free.

Dr. Mike Giudici will discuss cardiac concerns in masters athletes and other heart-related issues. Bring your questions for the expert. For more information, contact Denise at (309) 721-7276 or [neuroman-ager910@yahoo.com](mailto:neuroman-ager910@yahoo.com)

### Tour of the Islands 2012 on March 17

It's a sure sign spring is just around the corner when riders begin talking about the first "organized" QCBC ride of the year. That would have to be the March 17 "Tour of the Islands" an easy-going route taking riders to the islands—Campbell's, Sylvan, Arsenal and Credit.

Then there is the optional stop at the 11th Street Precinct in the East Village of Davenport for lunch and some fun seeing who accumulated the best poker hand from the cards passed out at stops on the various islands.

This free ride is open to the public, so QCBC members are encouraged to recruit a friend or relative who may be curious about riding and bring them along for the experience.

It starts at 9 a.m., March 17, at the east boat-launching ramp on the Ben Butterworth Parkway in Moline.

To help organizers plan for how much hot chocolate, cookies etc. to provide, please email Joe Jamison at [jamison@sbcglobal.net](mailto:jamison@sbcglobal.net) with your name and the names of any others you may be bringing.



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The ball of your foot is where metatarsal bones end and toe bones begin. Sometimes, the pressure from tight shoes or high heels causes pain and inflammation, which is called metatarsalgia. The pressure on the base of your foot can also cause calluses to form.

"Shoes with very sleek and narrow construction often provide very little cushion and support for the foot," explains Dr. Smith. "The ball of the foot may become red and swollen and calluses can form on the bottom of your feet, making it painful to walk."

To sidestep this pain, wear shoes that aren't too tight across the ball of the foot. Look for thick padding in the soles. And if you experience pain and swelling in your feet, have them examined as soon as possible.

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# New Slate of QCBC Cycling Classes

By Donnie Miller

Finally, cycling is really starting to take off nationwide and the Quad-Cities is keeping pace. With new cycling facilities being added yearly locally, residents finally are starting to realize what we have known all along—the Quad Cities is a great place to ride a bicycle.

Along with facilities, local cyclists would like to work on a designation from the League of American Bicyclists, or LAB, called Bicycle Friendly Communities or BFC as part of the overall Bicycle Friendly America program.

Within the scope of the BFA program are what's called the Six E's in my particular order of importance;

- **Equality/Equity:** being treated as an equal when it comes to transportation choice and road use.
- **Education:** offering regular classes in bicycle-related topics for motorists and cyclists of all ages.
- **Enforcement:** continuing training for police officers concerning cycling and the rights of cyclists, along with enforcement of the laws towards cyclists against motorists and cyclists.
- **Evaluation:** taking inventory of the facilities we have and current state of each facility, assessing needs to stimulate growth, and repairing these facilities and new ones on an ongoing basis.
- **Engineering:** planning and continued growth of the QC Bicycle Network in a way that's safe for all road users
- **Encouragement:** the easiest of all the Six E's— encourage the use of these facilities and encourage the community to make transportation of all types accessible for all people of all abilities.

Therefore, the QCBC will be offering various types of classes throughout the year, ranging from Road Safety/Ride Leader training to Kid's Classes/Rodeos, Commuter, Group and LCI/Teacher classes.

**Here is the current schedule:**

- **RAGBRAI for Rookies:** March 3, 1-4 p.m. Free, but please register by midnight March 1.
- **TS 101/Ride Leader Training:** March 10, 9-hour class, minimum eight to 15 maximum cyclists. \$40 for QCBC members, \$50 for non-members. Register by midnight previous night.
- **AB LCI Training:** March 23-25, minimum eight to 15 maximum cyclists. Must have taken TS101. \$300 for QCBC members, \$350 for non-members. Register by midnight March 11.
- **Intro to Bicycle Rodeos:** March 28, from 7 to 8:30 p.m. \$15 for QCBC members, \$25 for non-members. Register by midnight March 25.

**QC-BFC Bike Month Commuter Class:** April 10 and April 12, 6 to 9 p.m. \$15 for QCBC members and \$25 for non-members. Register by midnight April 8.

**QC Criterium Race Training Rides,** starting at 5:30 p.m. every Tuesday and Thursday in May. Free. These are race-pace rides with average speeds above 22 mph. Must be in shape.

All classes are subject to cancellation/refund do to not enough people signed up. The QCBC website will have the most current and up-to-date information with online registration at Get Me Registered.

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=5866](https://secure.getmeregistered.com/get_information.php?event_id=5866)

## Riverbend's Icicle Bicycle on March 10

The annual Icicle Bicycle Ride will be held March 10, going from Clinton, Iowa to Thomson, Illinois and back.

The ride begins at Happy Joe's Pizza Parlor, 408 S. 1st St., Clinton. The 28-mile route will take riders along the Clinton riverfront to the bike path and over the Mississippi River via the North Bridge. Riders can go north to Thomson, along the Great River Trail or ride a more scenic route along the Mississippi dike, past Fulton's Dutch Windmill.

A buffet lunch will be provided afterward at Happy Joe's. Registration is \$20 and includes a route map, refreshments at the SAG stop, the lunch buffet at Happy Joe's and door prizes. Check in at Happy Joe's from 10 a.m. to noon. Ride and lunch must be completed before 4 p.m.

Icicle Bicycle sweatshirts and long -leeved t-shirts will be available for an additional fee. For more information and registration forms, visit [www.rbbccinton.org](http://www.rbbccinton.org). For more information, call Ron Peters at [\(563\) 243-5033](tel:5632435033).

## Club member profile: Denise Duethman

**Name:** Denise Duethman

**Age:** 52

**Family:** children, Nyna, 30; Adam, 28; and Jessica, 22. children Christopher, 8; Aurora, 5. Significant other, David Haussler

**Employed where:** The Center for Neurosciences

**Live:** Coal Valley

**Years as a QCBC member:** Nine

**Years cycling:** Nine

**Number of Ragbrais ridden:** Six

**Number of TOMRVs ridden:** Six

**Favorite type of cycling:** Road

**Favorite ride:** Group weekend rides

**Longest ride:** 109 miles

**Bicycles you ride now:** Orbea/Onyx. Her name is Reba

**Born where:** Storm Lake, Iowa

**Other athletic interests:** I still try to run



Denise Duethman, QCBC vice president, with David Haussler.

## Send a QCBC Member Profile

Seen someone at a QCBC event, but didn't know who they were? Want to get to know other club members better, or have them know you better? Then send us a profile of you or another club member, along with a mug shot – please, no pictures taken with a cell phone – and we'll put them in when space is available in Pedalwheeling. We do reserve the right to edit. Send them to [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com).

Here are some suggested questions:

1. Name:
2. Age:
3. Family:
4. Employed where:
5. Town and state where you live now:
6. What do you remember about your first bike:
7. What do you ride now:
8. Favorite type of cycling:
9. What's your favorite ride:
10. Have you had any unusual rides or something unusual happen during a ride:
11. What was your longest ride:
12. What is your most memorable ride:
13. What is your dream ride:
14. What's one thing few people know about you:

## Get on the waiting list for Grand Illinois Trail and Parks bike tour

The Grand Illinois Trail And Parks bike tour on June 10-16 is full. We have hit our limit of 160 riders.

If you aren't registered for the ride, but would like to do it, call or email Chuck Oestreich and get on a waiting list. Last year, there were a number of drops – for one reason or another – before the ride began in mid-June. They all were replaced by people on the waiting list. (309) 788-1845 or [chuckace2@gmail.com](mailto:chuckace2@gmail.com)

## QCBC Route Map Password Change 2012

By Terry Burke  
Route Map coordinator

The password will be changed on Feb. 1. The new password is on page 24 of the membership directory, which will be mailed in late January. For those in the QCBC Yahoo group, a notice with the new password will be forwarded.

The 2011 password will work until the change. Please remember to check off the “remember my credentials” box when entering the new password. The user name remains QCBC.

The QCBC Route Map Library routes primarily are on low volume city, state, county, township roads, in addition to some bike trails. Included are a cue sheet, highlighted roadmap and elevation. Currently, there are 25 maps in the library, but it is suggested you check in March for possible additions in planning oncoming spring rides.

## RAGBRAI for Rookies Seminar March 3

By Ken Urban

The Quad Cities Bicycle Club will hold another “RAGBRAI for Rookies” seminar from 1:30 to 4 p.m., March 3 at the Davenport Public Library, 6000 Eastern Ave., Davenport, , to help riders prepare for the event.

Veteran riders and first timers are all welcome to share ideas and stories at the free event, which is open to the general public. Topics include application preparation, training advice, luggage, logistics, safety, and maintenance. It will start with a short presentation followed with an open house. Guests can get individual attention on topics they have questions on. A multimedia slide presentation will share photos from past years. Refreshments will be served.

Applications for RAGBRAI week-long passes are open through April 1, day-passes until June 1. RSVP is preferred. Email: [KDU1936@msn.com](mailto:KDU1936@msn.com) or call (563) 326-3427.

## QCBC Membership Totals

<i>Membership Type</i>	<i># of Memberships</i>	<i># of Members</i>
<i>COMP</i>	17	17
<i>COUPLE</i>	246	492
<i>FAMILY</i>	124	424
<i>IND</i>	372	372
<i>LIFE</i>	3	5
<i>Grand Total</i>	762	1320



**March 2012—Ride Schedule**

Mar 03	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00P M	Hardee's, 425 55th St. Moline	
Mar 07	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Mar 10	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00P M	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
Mar 14	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Mar 17	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00P M	Hardee's, 425 55th St. Moline	
Mar 21	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Mar 24	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00P M	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
Mar 28	Wed-morning	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00A M	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Mar 31	Mid-paced	Saturday Afternoon Combined ride, riders will determine the distance and pace	Determined by riders	1:00P M	Hardee's, 425 55th St. Moline	

# New QCBC Members

<b>New Member</b>	<b>CityState</b>	<b>Phone</b>
Apple, Bill	Amboy, IL	815-440-5851
Boughton, Dale ,Debra	Sycamore, IL	day 512-779-2986
Bradley, Bryan	Milan, IL	day 309-236-2479
Brockway, Ed ,Pam	Washington, IL	day 309-745-5057 eve 309-573-
Butler, Daniel	Cerritos, CA	day 562-595-2428
Butler, Tom	Greenfield, IN	day 317-695-3333 eve 317-891-
Collett, Amber	Minneapolis, MN	day 612-418-5799
Davis, Bruce	East Moline, IL	309-792-8233
Eshlman, Brian	East Moline, IL	day 309-235-1342 eve 309-948-
Flynn Karhu, Christine ,Bruce	Wexford, PA	day 724-991-8875
Frakes, Mike	Le Claire, IA	day 563-289-5737
Havins, Sean ,Polly	Loveland, CO	970-412-8982
Heck, Pat	Evansville, IN	812-459-5274
Johnson, Patricia	Northville, MI	day 248-349-0013 eve 248-349-
Kautza, Greg	Merrill, WI	715-208-0769
Miller, David	Tomahawk, WI	day 715-453-7199 eve 715-966-
Moller, Stephen ,Juliann	Rock Island, IL	309-221-9087
Morgan, Frances	Golden, CO	
Nelson, Stephen ,Shelia	Ophiem, IL	309-629-4802
Platt, Lori ,Dennis	Camanche, IA	day 563-259-9023 eve 563-259-
Prestemon, Gregory	Ofallon, MO	
Romine, Jonathan A	Beech Grove, IN	day 317-679-4146 eve 317-679-
Schiltz, Tony	Davenport, IA	day 563-388-3927 eve 563-940-
Skalak, Jerry ,Julie	Davenport, IA	563-210-3322
Sponsler, Amy	Champaign, IL	217-480-1198
Voelliger, Gerry	Bettendorf, IA	day 563-370-5235 eve 563-344-
Yanek, Jeremy ,Toni	Bettendorf, IA	day 319-830-0342 eve 563-528-

### Quad Cities Bicycle Club Membership Application

(Please print legibly using only **BLACK** ink. Fill in all blanks.)

New Application    Membership Type    Individual \$20/Year    Couple \$20/Year  
 Renewal Application     Family \$20/Year    Sponsor \$40/Year  
 Date of Application (mm/dd/year) \_\_\_\_\_ Gender M/F   Applicant Birthdate (mm/dd/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 our Membership Directory (e-mail address also included). We have found that 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, and the Member Directory, please indicate here:

**NO** I do not want my info in the hard copy & on-line version of the newsletter     **NO** I do not want my info in the Member Directory  
 Members normally get e-mail notification when the monthly newsletter is available on the web site.  
If you prefer your newsletter be mailed by the US Postal Service, please indicate this here:    **YES** Please mail the newsletter to me via USPS

**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 "P" Cycling Experience    Friends of Off Road Cycling  
 Cornbelt Running Club    Velo Sport Davenport    Other (please 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 Events
			<input type="checkbox"/> Duathlons	<input type="checkbox"/> Computer Work	<input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Health/Fitness Fairs	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Racing/Training	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Safety/Educate
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> Membership	<input type="checkbox"/> Spring Picnic
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Tailwind Rides
			<input type="checkbox"/> Touring	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Triathlons	<input type="checkbox"/> QC Marathon	<input type="checkbox"/> Volunteering

\* 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.

**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.

**Liability Release - Signature Required**

Individual Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (spouse) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian for 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 9/13/10 dlm**

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

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## QCBC—one of 10 biggest bicycle clubs in the U.S.

### COMING EVENTS

- March 3—First local cycling class (page 6)
- March 3—Ragbrai for Rookies seminar (page 8)
- March 10—Riverbend Club's Icicycle Bicycle (page 6)
- March 17—Tour of the Islands (Page 5)
- March 27—QCBC general meeting (Page 5)



**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**