



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club – January 2005

Winter Picnic – Sunday, January 16th Jan Reynolds

Zero temperatures, foot deep snow or brilliant sunshine, the QCBC Annual Winter Picnic will be held Sunday, January 16, 2005. The Deere Wiman Carriage House in Moline is the place to meet. Come as casual as you would for any picnic. The Club will furnish the meat dish, hot drinks, chips and table ware, including plastic "silverware," (Bring your own if you want the

real thing.)

Plan to come around 11:30am and help the committee by bringing the following: last names beginning with A through N should bring a side dish--baked beans, salad, vegetable, relish etc. and last names beginning with O through Z should bring a dessert.

There will be prizes for the hardy, talented or lucky. So mark the date in Red on your new calendar and plan to come for the fun.

Tour of the Islands – Sunday, February 20th Jerry Kruse

Time to start planning to ride the QCBC's fantastic caribbeanisue "Tour of the Islands" ride. You thought the "No-Frills Campout Ride" was easy on the pocket-book; this tour is really inexpensive--meaning free, except for your last supper/lunch at a pub in the Village of East Davenport.

the east end of the Ben Butterworth Parkway near CNH and ride to our great river islands. No set distance and a couple of rest stops and palm trees are included. Sorry, no hula skirt this year; they keep getting caught in my chain.

Contact me a day or two in advance if you plan on attending so I can arrange enough food for the rest stops; 563-370-6975 or krusin@hotmail.com.

Come join us at 9:00am on Sunday, February 20th at

DICE Update for 2004 Bruce Grell, President, DICE

It's been a great year for all the guys and gals racing with DICE this year. We have more members than I ever thought we would, and our diversity in members and types of competition leaves me saying "WOW, this is cool". We've competed in road, criterium, mountain bike and cyclocross races this year, with good results in all, and a few state championships to boot!

Mike Papini recently became a USCF certified official, another asset to the club. For 2005 we'll be adding a few more races; road, criterium and maybe a mountain bike race, which will offer area cyclists more opportunities to race, spectate, and volunteer.

A big thank-you is due to the QCBC for all of the support you've given DICE for the last 3 years. Inviting us to the anniversary dinner and including us in the historical DVD made everyone feel like a part of the QCBC and I am personally honored to be included. We presented 3 awards at the dinner; most improved rider, Bryan Moritz; most valuable rider, Mike Flanigan; and the Dice Service award to Don Miller for going above and beyond to help Club members. We plan to do this annually and the dinner provided a great setting for it.

Here's to more of the same in 2005, Thanks again for your support.

From the Headset **Errol McCollum**

When the first snowflakes fall, or perhaps even earlier, most riders think it is time to hang the bike up for the winter. Many put their trusty steeds on the trainer or simply hang it up till spring.

While I haven't ridden during the winter myself for a number of years, some of my most enjoyable rides, especially scenic rides have been in the winter. One particular ride with the club went out northeast from Dav- enport to Le Claire road then west to Eldridge for breakfast. It was a relatively pleasant day with the tem- perature above freezing.

On the way out at approximately two or three miles into the ride, it started to snow. The gentle wind was out of the west and the snow began to flock all objects

on their westward surfaces with fluffy pure white snow. Telephone poles, barns, trees, and fences were all deco- rated with this white that so contrasted with the then gray of winter. The road surface only became wet from the lightly falling snow, allowing for easy bike handling. We all commented on this beautiful touch of Mother Nature, which continued until we reached Eldridge and of course breakfast.

This beauty was short lived, for when we returned to our bikes there was not even a trace of snow visible. Our ride back to Eastern Avenue was warm and pleas- ant, with nearly dry roads. Although this ride was over twenty years ago I still remember it as if it were only yesterday.

Most of us own more than one bike, so I recommend that you use the "beater" and do the Tri Flow chain maintenance thing. Enjoy the winter.

QCBC/IBC **Dave Lefever**

From time to time something new is created, comes along or is made to happen. The Iowa Bicycle Coalition (IBC) is the latter.

An eclectic group of a people with a common interest in cycling has been formed to HELP Iowa become an even better place to ride a bicycle. I find it interesting that it doesn't appear to me that anyone on the board has an "agenda" other than bicycling advocacy.

Yours is a board member who has been involved, i.e., ridden a bike since 1979. Until a few years ago my in- terest was to ride. Now I have time to "give back" to the activity that means so much to me.

IBC will be a group to express cyclist's interest in safe roads and serve as a clearinghouse for bicycling activi- ties. That means safe routes to schools, off-road riding as well as activities that are performed by QCBC.

An application to become a non-profit organization has been submitted so you may make contributions to the Coalition tax deductible. The Des Moines Register, the Iowa Department of Transportation, the Iowa Natural Heritage Foundation, the Bicyclists of Iowa City, the North Iowa Touring Club and the Quad Cities Bicycle Club have all become Founding Members which means that each have shown their support

through a \$1,000 gift. Other local names you may re- cognize that have gotten out their checkbooks are: Bob & Jan Fitzgerald, Mike & Paula Giudici, Dave & Adele Lefever, Jerry Sr. & Barb Neff, Bill & Kathy Storm and Wessel Pattern Co. The IBC is very appreciative of these supporters of our activities.

The structure of the Coalition has been developed with the help of the Thunderhead Alliance and following some of the recommendations of the League of Ameri- can Cyclists. Many of us from the Quad Cities area are familiar with and members of the League of Illinois Bicyclists. We hope to do many of the things they have done and bring some new ideas to cycling.

The Iowa Bicycle Coalition is a "work in progress" and I hope that each of you will show your support by be- coming a member. One of our first objectives will be to sponsor a "legislative open house" in early 2005 to open lines of communication with our elected officials. We are doing this because we want to improve condi- tions for kids, off road cyclists, commuters, and racers, et. al. that is, people who ride.

We know we can't be all things to all people but we can be very good voices for our chosen activity, riding a bicycle. I hope you will call me with input and/or questions. Dave Lefever, bike@netexpress or 563- 355-6476. You can also find information on the IBC at: www.iowabicyclecoalition.org

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Scott Treasure	Marietta, GA	770-518-0154
Mike & Janet Aguilar	Bettendorf, IA	563-359-5509
John Harrington	Bettendorf, IA	563-940-6023
John & Theresa Grabosch	Blue Grass, IA	563-381-4747
Brent Puck	Wallcott, IA	563-284-9461

Name	City & State	Phone
Mark & Mary Lou Werthmann	Boise, ID	208-424-6683
Michael Wilner	Fulton, IL	
Julie Pearson	Galesburg, IL	309-344-8779
John Revell	Columbus, IN	812-376-8118

For Sale/Want to Buy Ads – Check Web Site (qcbc.org) for Additional Items

- **For Sale:** Cross Country Ski Package: (Wax Skis, size 9 ladies boots, poles, & much more). Please call Jane at 563-441-9115 or email her at: jandj97@mchsi.com for more information. Price negotiable

Membership Count: 12/4/04

	# of Members	# of Memberships
Individual	382	382
Couple	275	138
Family	333	87
Complimentary	21	21
Life	6	3
Total	1,017	631

Winter Hikes – January & February
Kathy Storm

Back by popular demand, some opportunities for weekend Winter Hikes. All you need are a pair of hiking boots or other sturdy shoes, something to carry a small container of water in and a snack. If there is snow on the ground, please feel free to bring your cross country skis or snow shoes.

Listed below is the current schedule for hikes being planned for January and February. All of the hike leaders have previously hiked in these parks and will serve as your guide. We'll plan to hike for 1-2 hours, depending upon the interest of the group.

Come out and join us as we engage in a "cross training" activity. If the weather is nice in the morning, consider riding the club ride and then coming out for a 1-2 hour hike. The hike at Starved Rock State Park on February 26th will be done using carpooling from Ross' Restaurant. The car drive is about 80 miles each way.

Sunday, January 9th:

Time: 2:00pm
 Location: Scott County Park
 Glynn's Creek Nature Trail
 Leader: John Wessel
 563-359-8350

Saturday, January 22nd:

Time: 1:00pm
 Location: Wildcat Den State Park
 Meet at the mill
 Leaders: Ken & Julie Urban
 563-326-3427

Sunday, February 6th:

Time: 1:00pm
 Location: Southwest Park, Davenport
 Rockingham & Ricker Roads
 Leader: Dean Mayne
 563-355-0995

Saturday, February 26th:

Time: 9:00am (car pool leaves)
 Meet at: Ross' Restaurant, Bettendorf
 Location: Starved Rock State Park
 Leader: Jean Kelly
 563-359-9508
 (Call Jean by Friday night if you are thinking of participating in this hike.)



RAGBRAI XXXIII – July 24 – 30, 2005
Perm & Andy Horst

The (Des Moines) Register's Annual Great Bicycle Ride Across Iowa for 2005 is still several months away, but you must register now if you want to be part of this great ride. We have a limited number of spaces available for a fee to those people who are QCBC members by December 31, 2004. These are available on a first come, first served basis. The ride will be July 24-30 on a route to be announced in late February. The Des Moines Register's deadline for receiving registrations from Iowa based bike clubs, is March 1, 2005. In order for us to meet their deadline, we must have **all** registration forms and checks by February 22, 2005.

The January and February newsletters will contain the RAGBRAI application and individual waiver form.

Fee Paid Tag

Everyone must have a Des Moines Register's "Fee Paid" tag. The cost is \$110.00. If you are **not** a QCBC member and would like to go on the ride, you will need to obtain your "Fee Paid" tag through the Des Moines Register lottery, which is held in the spring. You can still purchase transportation and baggage service from the QCBC.

Group members who obtain wristbands through their clubs will not be able to obtain individual vehicle passes. If you want to take a camper, you need to go through the Register's lottery.

Members who obtain "Fee Paid" tags from the QCBC will have to also pay for our minimum services of \$30 to haul baggage from the start town to the end town.

On-line Registration

Riders may register on the Ragbrai site at www.ragbrai.com. By following the outlined steps one can easily register on-line with our group. Transportation and baggage service is an additional cost payable to our group.

Waiver required

Each and every rider participating in RAGBRAI will have to sign a Des Moines Register waiver and mail it back to us with your fees. **IMPORTANT:** If you do not include the signed waiver, no tags will be issued.

Because of the waiver and insurance, RAGBRAI wristbands are no longer transferable after they are sold to

you. They can only be sold upon receipt of a new waiver that will be coordinated by your bike club to the Des Moines Register.

Souvenir Pack

The Des Moines Register offers 2 types of Souvenir Packs that you may purchase for an additional fee. (\$20.00 or \$40.00) Both packs include a set of 7 special edition newspapers (Sunday – Saturday) covering the ride and an official RAGBRAI T-shirt. The 33rd Anniversary pack sells for \$40.00 and also includes a poster by Mike Duffy. If you order either one of these packs, they will be mailed to your home 4-5 weeks after the ride.

Transportation Provided

The QCBC will be providing transportation for you, your bike and gear to the western departure city on Saturday, July 24 and baggage transportation between overnight stops. The transportation and baggage fee is \$90.00. Bus service back to Davenport (including transportation of your bike and bags) will be provided for \$25.00.

If you have your own transportation to the start of the ride, the cost is \$30.00 for the required minimum service of carrying your baggage between overnight stops. This minimum fee does not include hauling your bike and baggage back to Davenport unless you paid for the return bus.

Any rider under the age of 18 must be accompanied by someone over the age of 21, preferably a parent, and must have the person's signature on the registration form.

Please notify us ahead of time if you cannot load your bike on Friday July 22.

Home Stays

If you do not like to camp, some residents in the overnight communities allow riders to stay in their homes. After you receive your "Fee Paid" tag number from the Des Moines Register, you can write to towns and inquire about available housing. To obtain your "Tag Number", check the Register's website, after May 1, 2005.

Miscellaneous

If you cannot ride to the next overnight town on any day during the ride, the club will not be responsible for providing transportation (Cont. on page 6)

RAGBRAI XXXIII

(Cont. from page 5)

to the next campground. All club members are expected to act as responsible adults and set a good example to other riders. If you act up on the ride, any unused portion of your fee paid will be refunded. We will not continue to haul your gear, and you will be responsible to find your own way home.

Do not get your tags from QCBC nor ask for services from us if you do not plan on arriving in the overnight town until after 6 pm. We make arrangements to camp in the quiet zone at each town, please comply.

The bike clubs are expected to set a good example with safe riding practices. Remember that the safety and ancillary RAGBRAI support people are out at 6 am every morning, regardless of the weather conditions.

If you have any questions, contact Scott Miller, at 563-391-2796, or by Email at: mm@netexpress.net. Please address subject matter on email message as "RAGBRAI" material. If I need to call you back, please leave me an evening phone number. If a return call requires

a long distance call, it will be collect.

Fill out the registration form and sign the RAGBRAI AGREEMENT AND WAIVER & RELEASE OF LIABILITY form. **We must have these 2 forms (pages 11 & 13 in this newsletter) and your check by February 22, 2005.** We cannot accept your application if it is sent by registered mail. No confirmation will be sent, if your money is not returned to you, you can assume that you are going. Please notify the RAGBRAI committee of any address, telephone or E-mail changes prior to the start of the ride. If an E-mail address is provided, then expect all correspondence by E-mail. You need to make sure that the E-mail address is legible.

Do not apply for RAGBRAI tags from more than one source. The Register screens all applicants and will reject duplicates. They will penalize clubs if duplicates are received from club members and deny tags to the applicant.

The route, with complete details, will be in a February issue of the Sunday Des Moines Register. Check out their web page at: www.ragbrai.org for details.

FORC Update 2004-2005

Dean Mayne

FORC (Friends of Off Road Cycling) is pleased to announce their plans in the Quad City Area for the upcoming year as follows:

1. Start new trail maintenance program at Scott County Park (10 mi. North of Davenport). After nearly 10 years of offering assistance, a verbal agreement has been unofficially reached with the Park Board to assist with trail maintenance and development within the park.
2. Continue Trail maintenance and stewardship at Loud Thunder Forrest Preserve in Rock Island County, IL. Maintain existing trail system plus start

to assist with a trail plan on a newly donated 240 acre parcel of land next to the preserve.

3. Continue to work with the Davenport Park board to develop a multi use trail system in a 130 acre future city park site on the southwest side of the city.
4. Have fun Networking, Riding and Assisting other Regional Clubs with trail care, rides, and any other supporting events. It would be exciting to have each regional club pick a month to invite other clubs in for a camp over, ride, potluck and a little shared trail care.

For information on FORC, contact Dean at: 563-355-0995 or by email at: e.mayne@mchsi.com

Iowa Bicycle Coalition

Items from December 11th Newsletter

Training for Bicycle Instructors

A free class for "Safe Routes to Schools" Instructors will be held February 28 - March 4, 2005 in Tucson, Arizona. The Pedestrian and Bicycle Information Center (PBIC) is pleased to announce the call for applicants to become the initial group of instructors for the Safe

Routes to School (SR2S) National Training Course. This core group of instructors will deliver the course at the local and state levels starting in late spring 2005 and play an integral role in the training of future instructors. Applications are due January 5, 2005 by 1:00 pm (EST).

More information at:

http://www.pedbikeinfo.org/sr2s/instructor_training.htm

January 2005 Ride Schedule

Winter ride schedule—October through April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

- **Saturday, January 1**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Sunday, January 2**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Wednesday, January 5**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, January 8**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, January 9**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

2:00 P.M. – Winter Hike – IA Meet at Glynnn’s Creek Nature Trail in Scott County Park. Leader: John Wessel, 653-359-8350. (See info on page 4.) NEW

- **Wednesday, January 12**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, January 15**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

- **Sunday, January 16**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **12:00 P.M. – Winter “Snowtime for a Picnic”**

But we’re having one anyway! The 20th annual QCBC potluck winter picnic will take place at the Carriage House of the Deere-Wiman facility at 817 11th Ave, Moline. See page 1 of *Pedalwheeling* or the QCBC Web site, www.qcbc.org, for details. Coordinator: Jan Reynolds, 309-797-2072.

- **Monday, January 17**

- **Martin Luther King Jr. Day Ride**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Wednesday, January 19**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, January 22**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

1:00 P.M. – Winter Hike – IA Meet at the Mill at Wildcat Den State Park. Leaders: Ken & Julie Urban, 563-326-3427. (See info on page 4.) NEW

- **Sunday, January 23**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Wednesday, January 26**

9:00 A.M. – Wednesday Morning Ride “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Saturday, January 29**

9:00 A.M. – “Riders’ Choice” – IL Meet at Hardee’s, 425 55th St, Moline.

- **Sunday, January 30**

9:00 A.M. – “Riders’ Choice” – IA Meet at McDonald’s on Kimberly Rd & Eastern Ave., Davenport.

2004 Annual Mileage Listing

Jim Merritt

Once again the QCBC is collecting yearly mileage totals to be published in the February newsletter. The requirement is that any mileage ridden on a human powered bicycle that is ridden outdoors is eligible. Mileage on stationary bikes is not allowable.

Please submit your mileage totals to me by January 1st, 2005.

Mail: Jim Merritt, 524 W. Prairie Vista Dr., Eldridge, IA 52748

Phone: 563-349-2387

Email: jimm1962@mchsi.com

Larry Schwartz Year-Rounder Century Challenge John Hughes, UltraMarathon Cycling Assoc., Inc

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we'll do the rest. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend;
- a section at www.ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroR4.

If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a century is a ride of 90 - 149 miles.

Iowa Bicycle Coalition Items from December 11th Newsletter

Racing Events in Iowa

The Iowa Bicycle Racing Association has released the 2005 Racing Schedule.

To get started, go to: <http://www.ultracycling.com> and join the UMCA. Add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone - UMCA members lead HUB rides in many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike. More information at: <http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: http://www.ultracycling.com/about/hof_schwartz.html

Rules Summary:

An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where organized centuries are sparse.

Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

For complete rules and ride documentation form, go to:

<http://www.ultracycling.com/standings/umcrules.html>

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc.

It can be accessed at:

<http://www.bikeiowa.org/sked/sked.html>

With 105 scheduled races, it looks to be a record year for Iowa USA Cycling sanctioned races.



\$35.00/mo.
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www.E2fitness.com

Executive Square Fitness Club 400 Main St. Davenport, IA.

Help Wanted - Newsletter

Kathy Storm

Each month, a 12-18 page newsletter is created for our members. Articles and information for the newsletter are received in lots of different formats. Around the 10th of the month, the assembly of all the different information takes place and you receive your hard copy newsletter at the end of the month. Magically, the information appears in a neat, professional, readable format.

I am looking for a QCBC volunteer who can help with editing and formatting graphic and photo files. I also have a need form someone who has access to creating PDF files using the latest version of Adobe Acrobat. At present, this is 7.0. You would also need to have MS Word 2002 or 2003 on your system and access to email.

The timeframe that I would need your assistance would be around the 10th of the month for 2-4 hours. If you are interested in helping out with the newsletter, please contact me at: 563-355-2564 or kbstorm@aol.com

A real estate advertisement for Steve Montgomery. It includes a photo of Steve Montgomery, a man in a suit and tie. To the right of the photo is the logo for 'mel foster co. Real Estate' with a stylized 'mf' in a blue square. Below the logo is the text 'MidAmerican services' and the slogan 'Making It Happen!'. Underneath is the word 'Visit' followed by the website 'www.melfosteronline.com/stevemontgomery'. A quote reads 'Individual attention for you and your home'. At the bottom, it lists 'Steve Montgomery, Realtor', '2300 Spruce Hills Drive', 'Bettendorf, Iowa 52722', 'Office: (563) 355-5371', and 'Cell: (563) 505-0222'. A small 'REALTOR' logo is in the bottom right corner.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application

- Membership Type: Individual \$15/Year
 Couple \$20/Year
 Family \$20/Year

Date of Application _____

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email _____
 (Incl. Area Code)

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here:

Memberships in Other Bicycling Organizations: League of Am. Bicyclists League of IL Bicyclists IA Bicycle Coalition FORC

Family Members *	Birthdate	M/F	Riding Interests	I Can Help With	
			<input type="checkbox"/> B/Triathlons	<input type="checkbox"/> Annual Dinner	<input type="checkbox"/> Picnics
			<input type="checkbox"/> Camping	<input type="checkbox"/> Computer Work	<input type="checkbox"/> Race Events
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Du-State-Du	<input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Heartland Century	<input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Membership	<input type="checkbox"/> Safety/Education
			<input type="checkbox"/> Racing	<input type="checkbox"/> Newsletter	<input type="checkbox"/> Telephone Calling
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> QC Criterium	<input type="checkbox"/> TOMRV
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Packet Stuffing	
			<input type="checkbox"/> Touring	<input type="checkbox"/> Other	

* Single adult children up to 22 years, using their parent's address as their primary address, may continue on their parents' membership.

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release – Signature Required

Individual membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.

Mail completed form and check 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.

Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>

Last Revised 12/13/04

RAGBRAI XXXIII REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXIII article in the January and February newsletter. Use a separate form for each person. You may reproduce this form. **WE MUST HAVE YOUR REGISTRATION, CHECK & Register Release forms by FEBRUARY 23, 2005.** Make check payable to: QCBC, RAGBRAI.

1. PERSONAL DATA

NAME _____ BIRTHDATE (REQUIRED) _____
STREET _____ APT/STE/UNIT _____ PO BOX _____
CITY _____ STATE _____ ZIP CODE _____
DAYTIME PHONE _____ HOME PHONE _____
E-MAIL _____ OCCUPATION _____

Name of adult sponsor if under 18 _____

2. TYPE OF BICYCLE YOU ARE RIDING? _____

3. INDICATE RIDE STATUS

Des Moines Register "Fee Paid" tag	\$110.00	_____
QCBC transportation/baggage fee (bus out & haul bags)	\$90.00	_____
Baggage service only (find own way out)	\$30.00	_____
Bus return to Davenport	\$25.00	_____
Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$20.00	_____
Des Moines Register "Premium Souvenir Pack" (RAGBRAI XXXIII poster and XL T-shirt)	\$40.00	_____
RAGBRAI XXXIII Jersey	\$45.00	_____
Jersey size SM _____ (34-36) MD _____ (38-40) LG _____ (42-44) XL _____ (46-48) XXL _____ (50-52) XXXL _____ (54-56)		
	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 XXXIII or in any of the activities associated with RAGBRAI XXXIII.

Signature of rider _____ Date _____

Sponsor's signature, if rider is under 18 _____

MAIL TO QCBC-RAGBRAI; 4216 Warren, Davenport, IA 52806.

PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$140 FOR "TAG" & BAGS; OR \$200 FOR BUS OUT, "TAG" & BAGS. ADD \$25 FOR BUS BACK TO DAVENPORT. ADD \$20 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$45.00.

NO TAGS, NO SERVICES PROVIDED.

IF YOU REGISTER THROUGH QCBC DO NOT REGISTER THROUGH ANY OTHER SOURCE OR YOU WILL BE AUTOMATICALLY DISQUALIFIED FOR TAGS.

Memories of Some 2004 Bike Rides with the Quad Cities Bicycle Club



Chili Lunch in the Park Ride – October 9, 2004

Jan Fitzgerald, Darlene Moritz, Jim Merritt, Mike Middlemiss and Deb Mathias enjoy a chili lunch after a 40 mile ride on a beautiful fall day at the Middle Park Lagoon Shelter in Bettendorf.

Photo Submitted by Warren Power



Grand Excursion Ride – June 27, 2004

Rick DeClerck and Susie Wolf stop along the Grand Illinois Trail just south of Thomson, IL on the first day of the Grand Excursion Bike Ride which followed the Mississippi River from Rock Island, IL to Minneapolis, MN.

This ride was sponsored by the Grand Excursion Committee and organized by QCBC members Tom & Pat Bolton

Photo Submitted by Kathy Storm



Tailwind Ride – May 15, 2004

Dave Alftine and Bob Fitzgerald get ready to board the school bus for our 100 mile ride to PawPaw, IL where we will begin our journey riding back to the Quad Cities with a wind at our backs.

Photo Submitted by Dick Grimm

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

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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Adventure Cycling November & December Issue of "Bike Bits"

All the News That's Fit

We understand that not all Bike Bits readers follow bicycle racing, but we also know that a fair share do. If you're among the latter group, you'll want to bookmark the following link. Although based in Australia, the newsy site has correspondents in Europe and North America, and it covers the gamut of BMX, road, track, cyclocross, and mountain-bike racing. Be forewarned: If you are a fan of racing, and you do click on the following link, it may be some time before you're able to come up for air: <http://www.cyclingnews.com>

Boston Becomes Bike-Friendlier

Thanks to a major push by the Massachusetts Bicycle Coalition (MassBike), the Massachusetts Bay Transportation Authority (MTBA) is easing its ex-

traordinarily strict restrictions on carrying bicycles aboard most of its subway lines.

Portland Pedalers Proud Of Progress

Tired of all the bad news you see, hear, and read? Well, here's some good news, about a groundswell of interest in self-propelled travel in Portland, Oregon. "Even the most conservative estimates show that bike commuting has tripled in Portland since 1991," reporter Julie Tripp writes in the October 21 Oregonian newspaper. Cumulatively, those hundreds of bike commuters are saving themselves millions of dollars per year in gasoline expenses, and saving Portland a fair bit of congestion and air pollution:

