



Pedal/Wheeling

Monthly Newsletter of the Quad Cities Bicycle Club – February 2005

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.

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

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.

TOMRV 28 - June 11-12 Tour of the Mississippi River Valley Linda Barchman

Registration for the Quad Cities Bicycle Club's "Tour of the Mississippi River Valley" will open mid-February. This is the 28th year for TOMRV. It is a two-day ride starting in Bettendorf, IA going to Dubuque, IA and returning. Saturday's 106 mile route crosses the Mississippi for riding in Illinois and Wisconsin and then crossing the Mississippi again to return to Iowa. Sunday's route stays on the Iowa side for an 88 mile ride back to Bettendorf.

If you prefer a shorter ride you can start in Preston, IA for a 68 mile ride on Saturday. The short route joins the long route after the rest stop at Miles, IA. The return route to Preston on Sunday is 44 miles.

There is an unsupported optional century route available on Sunday between Bellevue and Preston.

The QCBC provides several rest stops with free refreshments for the riders. Civic and church groups also have food for sale along the route.

Overnight lodging at Clarke and Loras colleges is available for an additional fee. Every registered rider gets a t-shirt and admission to the Saturday banquet and is eligible for door prizes.

Registration brochures will be mailed in February to all current QCBC members and TOMRV riders from the past three years. You will be able to print a registration form from the TOMRV page on the QCBC website after registration opens. Online registration through active.com will also be available after the brochures are mailed.

Clarke Suites can only be reserved with the printed hard copy registration due to the limited number available. Do not send anything that requires a signature for delivery as that will mean a trip to the post office for me and at least a 1 day delay in your entry.

Be sure to note the early registration fees and mail before the deadline. QCBC members may also subtract \$5 from the current fee when they register.

For more information go to www.qcbc.org/tomrv. If you need additional information you can email me at: lindabarchman@hotmail.com. Please use "tomrv" in the subject line or call 563-388-8043.

If you would like to volunteer to help with the ride contact Susie LaForce at 563-355-5530 or susielaforce@hotmail.com. If you can volunteer some time to help prepare and set out food at a Rest Stop, please contact Bill Langan at: 563-386-3058 or langandav5@msn.com.

Key Contacts

Officers:

President - Errol McCollum (309) 762-8252 or ecmeandd@netzero.net
Vice President – Phil Schubbe (563) 359-5057 or pshubbe@aol.com
Recording Secretary – Jane Garrett (563) 441-9115 or jandj97@mchsi.com
Treasurer – Karen Grimm (563) 445-7797 or qcbc_treas@yahoo.com

Quad Cities Bicycle Club
P.O. Box 3575
Davenport, IA 52808
<http://www.qcbc.org>

Board Members:

Karen Baber (309) 796-2476	Jean Kelly (563) 359-9508	Steve Montgomery (563) 332-5963
Terry Burke (309) 797-3790	Deb Mathias (309) 787-6547	Charlie Sattler (563) 391-3422
Jim O. Hanson (309) 797-4883	Dean Mayne (563) 355-0995	John Wessel (563) 359-8350

Key Contacts: A complete listing of Committee Chairperson and Key Contacts is available on the club's web site and in the front of the hard copy Ride Schedule and Membership Directory booklet.

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

Club Meetings: Are held twice a year at 7pm on the third Tuesday of April and October at Rivermont Collegiate, 1821 Sunset Dr., Bettendorf, IA. (3 blocks north of K & K Hardware.) Contact Phil Schubbe for program information: (563) 359-5057 or pshubbe@aol.com.

Submitting Articles for Newsletter: Deadline is the 10th of the month. Please try to limit your article to 1 page in length. Email to: qcbceditor@yahoo.com or send to: Kathy Storm, ATTN: QCBC Newsletter, 2708 Elm Street, Davenport, IA 52803. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50 and a full page - \$100. Call for details: (563) 355-2564.

Major Activities of the Club Include: Tailwind Century in May, Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

Benefits of Being a Club Member Include: 12 issues of Pedalwheeling per year, Annual Issue of Ride Schedule and Membership Directory booklet, 10% discount at QC Area Bike Shops, ability to use LAB "Bikes Fly Free" program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.adventurecycling.org/>



<http://www.bikeleague.org/>



<http://www.bikelib.org/>

From the Headset
Errol McCollum

For those who either do RAGBRAI or would like to do it, remember to have your registration forms in to Scott Miller by mid February. The QCBC has to have its list in to the Des Moines Register by March 1st.

For those of you that cannot, at this time, commit to RAGBRAI but find out later that you can, you can al-

ways get in the "lottery" and, if successful, can then get on the QCBC charter to get your belongings hauled out to the start. Look for RAGBRAI registration forms in the January and February issues of the newsletters or on line at <http://www.qcbc.org/>.

If you are not getting your newsletter because you have recently moved, please contact Charlie Sattler with your address change. Our newsletters are not sent by first class mail and hence are not forwarded.

RAGBRAI Riders
Scott Miller

Applications are rolling in for RAGBRAI. I would like to provide some additional information that will address some of the most frequent questions. When you

send the application and money to me, I register you on line for RAGBRAI. Once I have completed the registration, you receive an e-mail from RAGBRAI regarding the registration confirmation. This information is for your records, and is not an invoice requiring additional monies.

Bettendorf Life Fitness Center
2222 Middle Rd
Bettendorf, IA
563-344-4119

*Affordable Health Club
Rates*

New Six Month Rates

For the bike enthusiast and tri-athlete, we have a great option for membership; our new six month or one month rates! Stay in shape for the spring cycling season at an affordable rate. Six month memberships start at \$185 for a Bettendorf resident (\$200 for a non-resident). A one month membership is \$45 for a Bettendorf resident and \$55 for a non-resident. Stop in for a tour!

Our facilities/programs include:

- Large cardio room with over 40 pieces of equipment (ellipticals, treadmills, stair steppers & stationary bikes)
- 8 lap to 1 mile track (5 lanes)
- Lap pool (4 lanes)
- 3 weight rooms (incl. Cybex equipment)
- Locker rooms w/saunas
- 3 basketball courts
- 3 tennis courts
- Personal trainers
- Variety of fitness classes (incl. Pilates)
- Children's classes
- Nursery

Located directly across the street from Middle Park and Splash Landing in Bettendorf.

Pedalwheeling Reader Survey (Winter 2005)

Help! The *Pedalwheeling* staff wants to provide the type of information that is of the most interest and value to *you*. Please take two minutes to answer the following questions, and by doing so, enter a drawing for a free prize.

1. How long have you been a QCBC Member? (circle one)
 - 0-2 years 2-5 years 5-10 years 10+ years
2. Tell us about yourself. (circle all that apply)
 - Gender: Female Male
 - Age group: 19 & under 20-24 25-29 30-39 40-49 50-59 60-69 70+
3. How many times a week do you ride during each season?
 - Spring _____
 - Summer _____
 - Fall _____
 - Winter _____
4. What is your biking interest level? (circle one)
 - Competitive Fitness Recreational/Social
5. What other activities do you use for cross-training? (list all that apply)

6. Do you read every issue of *Pedalwheeling*? (circle one)
 - Yes No Comment _____
7. Which feature(s) do you like most?

8. Which feature(s) do you like least?

9. Which new ideas would appeal to you most? (circle all that apply)
 - Cross-training articles
 - Meet our Members
 - Meet our Volunteers
 - Member Training Log (tips from our best riders)
 - Members' Favorite Rides (with maps)
 - General Nutrition/Fitness
 - More pictures
10. List other features you would really like to see in the newsletter.

If you are interested in contributing articles, photos, etc. to the newsletter, please indicate or email the editor at qcbceditor@yahoo.com. If you have other ideas or suggestions for the newsletter not expressed above, please attach a sheet or email the editor at qcbceditor@yahoo.com.

Thank you for taking time to complete this survey! Sharing your name is optional, but noting your name and address below will enter your name in a Gift Certificate drawing to be held at the April 2005 general meeting.

Name _____
Address _____
City/State/Zip _____

Mail completed survey to: QCBC Survey, c/o 3216 - 45 Street, Moline, IL 61265

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

February Dice Race Team Report

Dave Thompson

This is typically the slowest time of the year for the race team. Cyclocross is over and the early training road races haven't begun. The 2005 race roster hasn't been finalized yet. Most of 2004's members are expected back. The team will venture into the race promoting area full force this year with many road events planned. Also the first mountain bike race in recent memory will take place on Sylvan Island in Moline on Sunday April 10th. DICE will take an active part in promoting and running this unique event

For the majority of the team, January and February are spent on windtrainers or spinning bikes doing base miles or long steady state intervals. Most riders are looking forward to the Memorial Day weekend of races as a time to peak for. Others that are chasing "Iowa Rider of the Year" points will try to be flying by late March.

DICE racers Bruce Grell, Greg Aronson and Phil Curran will be doing what is probably one of the toughest events of the year in April. It is called the

Trans Iowa Mountain Bike race. It starts in Hawarden and ends in Decorah. It will utilize Iowa's gravel and dirt roads and is limited to 50 riders for this inaugural event. Riders have 30 hours to finish the 310 mile ride. Other members competed in a totally different event on January 9th. Racers rode on rollers for a 2 mile time trial competing for prizes and money. These are the results for DICE team members (listed in minutes & seconds):

Mike Flanagan	5:52	2nd Cat 4
Bruce Grell	6:13	3rd Cat 4
Pat Hanrahan	6:18	2nd Cat 5
Donnie Miller	6:28	
Mike Guidici	6:49	
Jeff Abel	6:59	3rd Cat 5
Jeremiah Gantzer	7:40	1st Junior
Casey Zugmaier	7:50	2nd Junior
Michael Zugmaier	8:14	
Emilie Duchow	8:59	1 st Woman

Again, I would like to thank Quad Cities Bicycle Club for sponsoring the team and some of the events we do.



In the photo at left, Mike Giudici goes all out during the race. Notice the small stool to the left of Mike that is used to step up onto the bike and the bar to Mike's right that is used to dismount.

In the photo above, Rick Gilmore, Lee Ven Teicher, Chris Klanen and Paul Denniger warm up before they take their positions on the rollers set up for the timed race.

Photos submitted by Bruce Grell and Dave Thompson.

February 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.

- **Wednesday, February 2**

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

- **Saturday, February 5**

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

- **Sunday, February 6**

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

1:00 P.M. – Winter Hike – IA Meet at Southwest Park, Davenport **NEW** (Rockingham & Ricker Roads).

Leader: Dean Mayne, 563-355-0995.

- **Wednesday, February 9**

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

- **Saturday, February 12**

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

- **Sunday, February 13**

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

- **Wednesday, February 16**

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

- **Saturday, February 19**

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

- **Sunday, February 20**

Tour of the Islands

9:00 A.M. Meet at east end of Ben Butterworth Parkway near CNH. We can’t promise palm trees and balmy breezes, but we do have the islands. Take your tour without leaving town, save airfare, and impress your friends! Come see our beautiful islands! Distance covered depends on how much excitement you can take. Contact Jerry Kruse, 563-332-9396.

- **Wednesday, February 23**

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

- **Saturday, February 26**

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

9:00 A.M. – Winter Hike – IL Meet at Ross’ Restaurant, Bettendorf and carpool to Starved Rock State Park. Leader: Jean Kelly, 563-359-9508. **NEW**

- **Sunday, February 27**

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

2005 Midwest Mountain Bike Summit – April 8-10 Dean Mayne

The Gateway Off Road Cyclists (GORC) will be hosting the 2005 Midwest Mountain Bike Summit. It will be held at Klondike Park in St. Charles County, MO, April 8-10.

This park is part of what GORC calls its Urban Epic Route. There are 3 trail systems connected together via the Katy Trail. If you ride all of the loops in one direction and then ride back to your starting point you will cover approx. 32 miles of riding. Two of these trail

systems were designed to IMBA standards and the final one is being slowly converted to IMBA standards.

For additional information, contact Dean Mayne or Scott Whitaker, Southern. IL IMBA Rep GORC V.P./IL Rep. Scott can be reached at: clueboy@aol.com.

The League of Illinois Bicyclists is again sponsoring the National Bicycle Month License Plate Program. All net proceeds from this program go to help support our work to improve bicycling in Illinois. An application can be found on page 10 of this newsletter and on the LIB and QCBC web sites.

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 on 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 23 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 9)

RAGBRAI XXXIII

(Cont. from page 8)

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 or ask for services from us if you do not plan on arriving in the overnight town before 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 12 & 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.

QCBC Annual Mileage Totals - 2004

Complied by Jim Merritt

Name	Mileage	Name	Mileage	Name	Mileage
John Their	12,621	Dean Mathias	5,530	Jim Hanson	3,462
Bob Fitzgerald	10,387	Jan Sears	5,500	Bob Milligan	3,457
Rod Hawk	10,250	Jan Fitzgerald	5,249	Deb Mathias	3,400
Greg Zaborac	9,448	Chuck Oestrich	5,239	Kathy Storm	3,156
Warren Power	8,267	Lonnie Cook	5,235	Gary Hagener	3,035
Jerry Sears	8,020	Joe Jamison	5,205	Barney Young	2,725
George VanThorre	7,880	Tom Scott	5,054	George Coin	2,654
David Thompson	7,636	Mike Desch	4,950	Rosemary Jamison	2,466
Darlene Moritz	7,500	Herb Page	4,628	Bill Storm	2,390
Bill Wiebel	6,705	Richard DeClerck	4,625	Mike Middlemas	2,143
Gary Jones	6,391	John Pepke	4,500	Michael Stark	2,081
Mike Giudici	6,353	Larry Mickelson	4,479	Dan De May	2,000
Dick Grimm	6,200	David Round	4,402	Jim Merritt	2,000
Dave Georlett	6,101	Melinda Thompson	4,103	Douglas Stephens	1,200
Phil Fellner	5,698	Bryan Moritz	3,547	Bob Replinger	217

I would like to thank Dave Thompson and Pam Carlson for helping with this issue of the newsletter. To begin with, Dave will be writing a monthly "DICE Racing Team" column and Pam will be proof reading and working with Adobe Acrobat files. Additionally, Pam has put together a "reader survey" that appears on page 4 of this issue. Please take a few minutes to answer this survey. Pam comes to the QCBC with a number of years of membership and volunteer experience in the Cornbelt Running Club.

Click here to access the PDF for the “May is National Bike Month” license plate program sponsored by the League of Illinois Bicyclists. This program is for Illinois residents only.

Welcome New QCBC Members!
Charlie Sattler

Name	City & State	Phone
Tim & Laura Jirus	Jacksonville, FL	904-220-8668
Patty Tuma	Port Charlotte, FL	941-743-0817
Brian Woodworth	Atlanta, GA	404-254-2599
Bob O'Brien	Bettendorf, IA	563-332-5533
R. Dale Wiege	Bettendorf, IA	563-359-4383
Cristina Bucksbaum & William Rogers	Davenport, IA	563-324-4770
Will & Sarah Cummins	Davenport, IA	563-324-0935
Paul & Cindy Gilbert	Davenport, IA	563-391-3908
Ryan Peterson	Davenport, IA	563-391-3877
Jim Richardson	Davenport, IA	315-263-5163
Matthew Whitmer	Davenport, IA	563-326-0809
Wayne & Rita Taber	Coal Valley, IL	309-799-3565
Robert & Alecia Pitman	East Moline, IL	309-755-4706
Allen & Tammy Trebian	Galena, IL	815-777-2678
Ross McDawell	Geneseo, IL	309-944-5229
Paul Vanderschaaf	Geneseo, IL	309-944-6357
Ron Davis	Geneva, IL	630-208-0723
Todd Sieben	Genneseo, IL	309-944-6668
David & Sharon Ade	Moline, IL	309-764-1474
Tom & Kristine Wilson	Naperville, IL	630-428-3141
Dale Brubaker	Oak Brook, IL	630-271-9392
Tom & Daria Brown	Rock Island, IL	309-786-2334
Corey Mecham	Silvis, IL	309-792-1048
Chuck Smead	St. Anne, IL	815-427-6993
Brian Hovey	Omaha, NE	402-553-8116
Karen Ide	Reno, NV	775-747-0605
Marvin Reed	Brewerton, NY	315-668-2347
Jessie Rudgunas	Willow Grove, PA	215-657-0793
Ken Werthmann	North Ogden, UT	801-782-2252
Larry Moss	Bellingham, WA	360-734-0568

Membership Count: 1/8/04		
# of	Members	Memberships
Individual	400	400
Couple	282	141
Family	336	86
Complimentary	21	21
Life	6	3
Total	1,044	651

For Sale: 1992 Cannondale 66cm Criterium bike ridden hard and put away wet by a prominent DICE racer last year. Ready for new legs, featuring two cassettes; 13-21 for racing and 13-26 for training, 7 speed Ultegra groupo with 54-39 chain rings, 175 crank arms and SIS shifting. Has Matrix ISO C11 wheels, Paramount speedometer, Look pedals, and Lemond bars. Dark blue paint could use some touchup. Lightweight aluminum is too fast for me. Time for a new cowboy to ride this pony. Crank it up for only \$150. Contact Bill Storm for details 563-355-2564 or billstorm@aol.com. No-body under 6' 3" need apply.

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). Contact Jane at 563-441-9115 or email her at: jandj97@mchsi.com. Price negotiable.
- **For Sale:** 2003 Burley Hepcat Recumbent. Color – yellow. Condition – good. Basic bike (less pedals) + Echowell Computer + custom seat bag. Asking \$1,400. Contact Jim Hanson: evenings 309-797-4883.

- **For Sale:** 1981 hand-built Proteus road racing bike. Reynolds 531 double butted tubes, 63cm, full Campy Nuovo Record. Blue with yellow lettering. Excellent condition for road or rollers. Includes 2 extra sets of wheels with sew-up rims, Campy hubs and cassettes (6 spd). \$500 OBO. Contact John at: 563-940-6023 or email him at: jwhjkh@mchsi.com.

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 22, 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" \$40.00 _____
(RAGBRAI XXXIII poster and XL T-shirt)

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.

Click here to access the PDF for the
RAGBRAI XXXIII Agreement, Waiver & Release of Liability form.

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

Presorted Standard
US Postage Paid
Permit No. 3006
Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Winter Hikes – A Change of Pace **Kathy Storm**

Getting Cabin Fever? Come out and join the fun on a Winter Hike. 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 remaining schedule for hikes being planned for 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, 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.)