



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — January 2009

## Tips for winterizing yourself, bike

By Craig Hill

[craig.hill@thenewstribune.com](mailto:craig.hill@thenewstribune.com)

As Tory Grant slid into some rain gear, the manager of Tacoma's Old Town Bicycle confessed a little secret. It's hard for him to get motivated to go for a bike ride when the weather gets nasty.

He's not alone. "You know, you hem and you haw for a couple of hours, then you finally do it," Grant said. "But once you do it, it's not that bad." Whether riding for fitness or commuting, the bike doesn't have to stay in the garage during the cold and

rainy seasons. But cyclists who hit the road need to prepare for the outdoor conditions during the fall and winter months.

Here are some tips for winterizing yourself and your ride from local cycling experts Carla Gramlich touring captain for the Tacoma Wheelmen Bicycle Club, Chuck Ayers, executive director of Cascade Bicycle Club, Carol Davis, president of the Tacoma Wheelmen and cycling advocate Bob Myrick.

### Headgear

Helmets, of course, are a must any time of year, but when it's cold and rainy you need a little extra. "Those vents that are nice when it is warm are a wind tunnel during the winter," said Gramlich, who uses a helmet cover (\$20-45) to keep rain out. Other riders wear skullcaps (\$12-30) under their helmets.

### Lights

On gray winter days, lights aren't so much for seeing as being seen. Lights (\$10 and more) are needed on the handle bars and on the seat stem so you can be seen from ahead and behind, Grant said. And don't forget to keep your lights charged so they don't fail you, said Ayers.

### Eye protection

Grant said eye protection (\$20 and more) is a must in the winter to keep rain and road debris out of your eyes. "Some riders even use yellow lenses because they'll help you see a little clearer," he said. Davis puts Rain-X windshield treatment on her glasses to give herself a clearer view.



### Jacket

Grant said a good riding jacket (\$40 and more) is the most important item for riding in the wet and cold. Unlike a typical jacket, cycling jackets are longer in the back to, as he said, "keep your butt dry." Don't be afraid to pick a jacket with bright colors. Like lights, a colorful jacket is a good way to assure you are spotted by motorists.

### Pants

Waterproof pants or riding tights are important for staying warm. "Be warm, not distracted by misery," Davis wrote in her club newsletter,

"Cog-nitive Courier." While a pair of riding pants could cost \$100 or more, some riders simply slip their polypropylene long underwear over their bike shorts. While this might help with the cold, it's won't help much with the rain.

### Layers

Dressing in layers is vital. "It's not just rain that's going to get you wet," Grant said. "If you are sweating, you're going to get wet, too." Ayers suggested a jacket with good vents and or removable sleeves, or a vest with arm warmers.

"(They) are incredibly helpful for proper ventilation," Ayers said.

### Fenders

Putting fenders (\$20 and more) on your bike is a good way to keep you a little drier. "Plus, people riding behind you will really appreciate that," Davis said.

### Footwear

Toes go cold fast on a bike, so it seems every cyclist has a trick for keeping their feet warm. Grant wears neoprene booties (\$30 and up) over his shoes. Gramlich wears wool socks. Some riders even slip hand warmers into their shoes.

### Gloves

Most gloves aren't waterproof because of all the seams, Grant said, but keeping your hands warm is important. You can buy a pair of riding gloves (\$15 and more), but some cyclists save money by using other gloves including ski gloves or even latex gloves under another pair of gloves.

Winter contd. on Page 5

## Key Contacts

### Officers:

President - Jim Harrington (563) 940-6032 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)  
Vice President – Phil Schubbe (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.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  
<http://www.qcbc.org>

### Board Members:

Denise Duethman, (309) 721-7276	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Charlie Sattler (563) 391-3422	John Wessel (563) 359-8350
Terry Burke (309) 797-3790	Tim Carey 920-209-1984	Doug McDonald 563-332-6774

**Key Contacts:** A complete listing of committee chairmen 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 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or [phschubbe@aol.com](mailto:phschubbe@aol.com).

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser or David Weckel, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100.

**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.iowabicyclecoalition.org>



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



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## Beautiful Day for October Ride Along Mississippi River

By Cindy Bottrell

On Sunday, Oct. 19, 11 riders met near the boat ramp in Rapids City, Illinois. It was a cool, but sunny day, and we had a great tailwind for the ride to Albany along the Mississippi river trail. Dick Wolbers showed the group a short turn-off that takes riders closer to the river for a short time (behind a water treatment plant). The group split into two when we reached Albany. Mary Brus and Jim Keyoth stopped at a firefighters breakfast and returned on their own. The others in the group stopped at the Mississippi Cafe. After a tasty, filling, leisurely breakfast, the Mississippi Cafe group headed back to Rapids City with a strong headwind. The total ride was about 40 miles. Riders for the day were: Bob Anderson, Mary Brus, Jim Keyoth, Dan Klutho, Doug McDonald, Chuck Oestreich, Jayne Phelps, Dotty Weber, Dick Wolbers, and ride leaders Cindy Bottrell and Paul Sullivan.



# Let's Ride!

**John Harrington**  
**QCBC president**

For those of you I've not ridden with yet, my name is John Harrington. I'm honored to be your new QCBC president! We have a great club with many dedicated members and volunteers with lots of ongoing activities. I welcome any thoughts you may have to further improve our club. Feel free to contact me at [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com). Don't put that bike away even though the first snow has fallen and gas is below \$2! There are plenty of us that commute or ride our bikes all winter. Last year was my first true winter riding season. I found that the 40s weren't as cold after riding in the 30s, and later on that the 30s weren't that cold after riding in the 20s.

I'm sure this sounds familiar to those of you that found successively longer summer rides made earlier challenges seem very easy. Also, don't forget the value of a good riding partner to help/force you to do those longer rides or to brave a new low riding temperature.

Of course, some cross-training is great as well. Please consider Kathy Storm's winter hike series. These hikes are scheduled for January and February in local Iowa and Illinois parks. You can contact Kathy @ (563) 355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com) for more info, or to volunteer to lead a hike. You can also learn more on our Web site ([qcbc.org](http://qcbc.org)) and in upcoming PedalWheeling issues.

Thank you again for your support of the Fred Blessin Memorial. We reached our goal and are now working on the memorial. I'll have more specifics in the near future.

We are always looking for new members. So please spread the word about our club and help us get some new riders and volunteers. Benefits such as new friends, bike shop discounts and our PedalWheeling magazine make the \$20 membership fee a bargain.

See you on the road.

## Gary Fisher coming to Iowa for Bike Night

The legendary Gary Fisher will be keynote speaker at the Iowa Bicycle Coalition's Bike Night Saturday, Jan. 24 in Des Moines. Fisher is founder of mountain biking and has dedicated his life to making bicycling more accessible and fun for everyone. Join Gary Fisher and IBC for an evening of fun, inspiration and support of bicycling in Iowa. <http://www.iowabicyclecoalition.org/bikenight.htm>

## Vintage Schwinn For Sale

For sale. Vintage 10-speed Schwinn tandem. Needs a tune-up, but otherwise in good condition. \$200. Call (309) 234-5921.

## 2008 Cycling mileage totals

Dave Thompson is seeking total miles ridden in 2008 to be included in the February Pedalwheeling. Please send him your totals, centuries ridden in 2008 and lifetime mileage, if you know it.

The more people who participate, the more interesting it is. It's strictly for fun and a great topic for discussion. Send information to Dave by Jan. 10 at the latest to [ul-trabiker@sbcglobal.net](mailto:ul-trabiker@sbcglobal.net) or call him at (309) 764-5030 and leave a message.

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**[allsports1@qwestoffice.net](mailto:allsports1@qwestoffice.net)**



## Pushing for Pedaling

Promoting bicycling advocacy  
By Chuck Oestreich

### We need your help.

The riders who are pouring over the Quad City Metro Bicycle Map, looking for ways to revise and improve it, would like your assistance.

Many of you start your rides to the glorious countrysides of Illinois or Iowa right where you live. But what routes do you use to break away from the cities?

Let's consider the four directions.

In Illinois, north is no problem. Just get on the Great River Trail and go.

But in Iowa, the Mississippi River trail ends at the Bettendorf casino. Then what? How do you get to Le Claire, Princeton, even Clinton?

Those are river communities. But how about the great country directly north? I used to use Davenport's Jersey Ridge Road to get to Eldridge, McCausland, Dixon, etc. Is it still viable? What streets or roads would you recommend?

How about south? Both sides of the river have problems. The new Rock River Bridge has a bike amenity, but right now it's unusable. You can't get to it or leave it on a bike. And the U.S. 67 bridge over Vandruff's Island between Rock Island and Milan has always been a nasty connector. Milan and its Andalusia Road isn't much better. How do you get to Reynolds, Edgington or Loud Thunder?

And how about the communities south and east of Moline? How do you get across the Rock River to Orion, Sherrard or Woodhall?

Going south in Iowa (actually going west because of the river direction) means facing Iowa 22 with its grit and traffic. What's the best way to get to Muscatine?

More directly west, heading for Walcott, Maysville, Plain View, etc., is also a problem. I used to use West Kimberly or Northwest Blvd. Would you recommend them now?

It's great to be able to get around our cities on good, low-trafficked streets, off-road trails, and some newly striped bike lanes. But what if you want to make the break away from the city into the farm and fields of countryside USA?

We would like to recommend the best ways to do that. Please give us a hand.

Write, call or email your picks to me. Or better yet, come to the Metro Map meeting on Tuesday, Jan. 6, at 6:30 p.m., at the downtown Rock Island Public Library.

Reach me at 816 – 22nd Street, Rock Island, IL 61201; (309) 788-1845, or oestreich@qconline.com.

### Seminars Start for Adults Teaching Bike Safety to Kids

LIB has launched a series of 42 seminars around the state to help adults teach kids bike safety at bike rodeos or scout meetings, in school classrooms or assemblies, or at home. The 90-minute "Train the Trainer" seminars ([www.bikelib.org/srts/training](http://www.bikelib.org/srts/training)), funded by the IDOT Safe Routes to School program and REI, will be conducted February through April. To host or attend a session, contact Donnie Miller at (309) 737-8270 or [bcyclcrac@mchsi.com](mailto:bcyclcrac@mchsi.com).

### National Bike Summit – March 10-12

Come to Washington with LIB to speak up for bicycling on Capitol Hill as part of the National Bike Summit! With a new administration and new federal transportation bill looming, this will be our most important Summit in some time. For more information, call Ed at (630) 978-0583.



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## Fall Foliage Ride another Great Success

By Deb and Dean Mathias

The Oct. 11-12 Fall Foliage Ride to Mount Horeb, Wis. was a memorable weekend filled with several components to make for great cycling in hilly Southern Wisconsin – exceptional weather (in the mid 70s), phenomenal falls colors, extraordinary company and outstanding food.

Three bicycle clubs were represented:

**BIC:** Jim Grant, Bruce Johnson, Doug Kerns, Tomeka Petersen, Marv Scher, Joe Smith, Jenny and Nate Van Der Weide. Nate's brothers, Dan and Steve Van Der Weide from Madison, joined us Saturday.

**Wheeling Wheelmen:** Betsy Burtelow and Jim Boyer, Marykay and Rich Drapeau, Deb and Tom Wilson, Jeff Biedka, Jim Flechsig and Paul LeFevre. The Wheeling Wheelmen enjoy the ride so much that they treat the ride as one of their own official club rides.

**QCBC:** Dean Arney, Denise Duethman, Phil Fellner, Ed League, Peggy Newman and Rob Tyler on tandem, Kathy Storm and friend Sue Epperson from Huntley, IL, Ken Urban (unofficial photographer), John Wessel and Deb and Bareback Mathias. Steve Geering and Federico Presti (foreign exchange student from Argentina living with neighbors of Steve's) joined us for Saturday's ride, which had 33 people.

Saturday, a climb up to Blue Mounds State Park lookout provided a view from the highest point in southwestern Wisconsin. Repeat riders realize the beauty of the overlook and make the challenging, traditional climb.

We stopped for lunch in Mazomanie after more than 30 miles of hills. The stop also allowed a trip to a bicycle shop in town for repair of Ken's broken spoke and replacement of Ed's worn tire. ProCycle Bikes went out of their way to fabricate a spoke for Ken's bike in record time.

Some riders with excess energy finished the day's ride with the long climb south on North Road. Steve Geering and Dean Mathias had some unique experiences bringing up the rear, including helping to re-load a lost load of lumber and watching the retrieval of a RV that had plunged into a wooded ravine. A variety of shorter or longer, hillier or less hilly, options resulted in distances ranging from 45 to 70 miles reported by participants at the day's end.

Dinner at the Sole Saporì Restaurant was a perfect end to the day. Fellow QCBC members Jean Kelly and Phil Schubbe, who were golfing and camping in the area, joined us for dinner. Wives of Jim Grant, Bruce Johnson and Doug Kerns, who enjoyed local attractions throughout the weekend, also joined us for dinner. Chef and owner Ann and her staff provided a fabulous Italian dinner, complete with a QCBC welcome sign and personalized menu.

On Sunday, 29 cyclists rode, most opting for the designated route along a scenic trail to New Glarus where some took a short break at the local bakery. A shorter 42-mile route allowed everyone to start home by early afternoon.

Ken Urban was often spotted in a ditch or tree searching for the ultimate photo. To see some of his masterful pictures, visit [www.qcbc.org](http://www.qcbc.org) and link to the New Moderated QCBC Photo Service.

Many of the cyclists have become a perennial core of riders that enjoy the quiet rustic roads and camaraderie year after hilly year. An alternate, more moderate, option is offered for every altimeter-busting climb. Mark the second weekend of October on your calendar for the 2009 Fall Foliage Ride and we will ensure a ride that works for you.

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### Winter, Contd. from Page 1

#### Storage

Myrick said storage-like saddle bags (\$40 and more) or even a backpack is important for several reasons. First, storage gives cyclists a place to discard layers as they warm up. It also gives them a place to keep work clothes clean while commuting through the elements. Grant said riders often think knobby tires give them more traction. That's true in many situations, but not on wet pavement. "It's less rubber touching the road," he said. Tires with a slicker surface are a must.

#### Plan route

It might seem counterintuitive to ride on a highway rather than a backstreet, but Davis said it could actually be a good idea in poor weather. Highways have wider shoulders, and there are people around to help if you have trouble, she said. Free Pierce County cycling maps are available at most local bike shops.

#### Be (extra) alert

Staying alert is always good advice, but it's especially important in the winter when there are extra hazards. Leaves, road stripes, steel plates and grates are all slippery when wet.

#### Clean up

Riding in the rain is a good way to shorten the life of your bike chain if you don't take care of it, Grant said. He suggested lightly rinsing your chain – never use high pressure – then apply a degreaser (\$6-\$60).

## October Chili Lunch Ride Report

By Bill and Kathy Storm

Saturday, Oct. 18 offered a cold start to the 8<sup>th</sup> annual Chili Lunch in the Park Ride. A few riders realized they didn't have enough warm cycling clothes and never made it to Middle Park Lagoon for the 9 a.m. start, but did join the group for lunch at noon.

The 39-degree weather warmed up to 60 degrees by noon. Along with light winds, sunny skies and beautiful fall colors along the Duck Creek Trail and county roads it was a nice day to lunch together in the park after a bike ride. Many riders met at the park at

9 .m. to participate in the Fast-Paced, Mid-Paced and Leisure rides on various routes along the trail and in eastern Iowa. The hilly terrain in east central Iowa showcased beautiful trees on the hillsides.

At noon, 58 adults and children were served a lunch of homemade chili, potato soup, party sandwiches from Hungry Hobo, fresh veggies and fruit, homemade apple crisp, chocolate chip cookies and brownies, Stone's apple cider, water and pop.

Fortunately, when Bill Storm arrived at 8:30 a.m. to lead the Mid-Paced ride, he was able to negotiate with a group of Boy Scouts repainting the picnic tables to return later in the afternoon to finish the job. A few riders didn't realize the tables were still wet and ended up with red stain on their cycling shorts or tights.

Kentley Lowenstein, Katherine Weeks and her twins, Ian and Michaela, started set-up at 10:30 a.m. This allowed me to go home to pick up more chili and the Hungry Hobo sandwiches. Because of the larger crowd this year, I needed help heating up the chili and transporting it to the park in crock pots. Margaret Haas came to the rescue.

Bill and I have really enjoyed putting on this activity for the QCBC for the past eight years. It started as a season finale for the Mid-Paced riders, but has grown to include the Leisure and Fast-Paced Riders. We've also seen the number of children participating with parents or grandparents grow as well. This year, we had at least five children under the age of 12 participate in a ride and lunch.

I'd like to see this club activity continue in 2009. If you're interested in taking over chairing this activity, please contact Bill or Kathy Storm at 563-355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com), or John Harrington, QCBC President, at 563-940-6023 or [jwhjkh@mchsi.com](mailto:jwhjkh@mchsi.com).



Cleanup Crew – Kentley Loewenstein, Kathy Storm and Susan

### Iowa Bicycle Coalition updates

**Jan. 22: Iowa Bike Day on the Hill** Make plans for your team, club, group, or yourself to attend. The more people from diverse areas we have, the more effective the day of visiting and education our legislators. If you support cycling, trails, bicycle tourism, we would love to see you in Des Moines.

#### Discounted winter tune-up for your bike?

Is your bike dirty, gritty and greasy? Winter is the perfect time for a tune-up to avoid the spring rush.

A growing number of Iowa bicycle shops are members of the Iowa Bicycle Coalition and offer discounts to IBC members. Here is a list of bike shops and those offering discounts to IBC members: <http://www.iowabicyclecoalition.org/bikeshop.htm>

For more information on the Iowa Bicycle Coalition, visit <http://www.iowabicyclecoalition.org> .

# RAGBRAI XXXVII REGISTRATION - QUAD CITIES BICYCLE CLUB (QCBC)

Please read the RAGBRAI XXXVII 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 21, 2009.** Make check payable to: QCBC, RAGBRAI.

**1. PERSONAL DATA (Please Print)**

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

Name of adult sponsor if under 18 \_\_\_\_\_

**2. TYPE OF BICYCLE YOU ARE RIDING?**  Road/MTB  Tandem  Recumbent  Other  
 Please specify other \_\_\_\_\_

**3. INDICATE RIDE STATUS**

Des Moines Register "Fee Paid" tag	\$140.00
QCBC transportation/baggage fee (bus out & haul bags)	\$120.00
Baggage service only (find own way out)	\$65.00
Bus return to Davenport \$45.00	
Des Moines Register "Basic Souvenir Pack" (T-shirts XL only)	\$25.00
Des Moines Register "Premium Souvenir Pack" (RAGBRAI XXXVII poster and XL T-shirt)	\$40.00
RAGBRAI XXXVI Jersey (Primal Wear)	\$50.00
Jersey size SM _____ (35-37) MD _____ (38-40) LG _____ (40-42)	
Club Cut XL _____ (42-44) XXL _____ (44-46) XXXL _____ (46-48)	
<b>Total</b>	<b>\$</b>

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 XXXVII or in any of the activities associated with RAGBRAI XXXVII.

Signature of rider \_\_\_\_\_ Date \_\_\_\_\_

Sponsor's signature, if rider is under 18 \_\_\_\_\_

MAIL TO **QCBC-RAGBRAI**; 2833 Kelling St. , Davenport, IA 52804.

**PLEASE NOTE: QCBC MEMBERS MINIMUM COST IS \$205 FOR "TAG" & BAGS; OR \$260 FOR BUS OUT, "TAG" & BAGS. ADD \$45 FOR BUS BACK TO DAVENPORT. ADD \$25 FOR BASIC REGISTER PAPERS PACK OR \$40 FOR PREMIUM REGISTER PAPERS PACK. JERSEY'S EXTRA @ \$50.00.**

**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.**

## Get Ready for Winter Hiking

### By Kathy Storm

The Quad Cities Bicycle Club invites you to participate in several Winter Hikes in January and February. 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, feel free to bring cross country skis or snow shoes.

All the hike leaders have hiked in these parks and will serve as your guide. We'll plan to hike for 1 ½ to 2 hours, depending on the interest of the group.

Join us in a "cross training" activity. Updates to this schedule will appear in the newsletter and the club Web site. If you would like to lead a hike, contact Kathy Storm at (563) 355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com).

**Saturday, Jan. 10 – 1 p.m. at Scott County Park** (north of Parkview, Ia) on Glynn's Creek Nature Trail. Enter at the south entrance to park, take the second road on the right and park in the lot on the left just before one-way traffic pattern begins. Hike leader is Vivian Norton. Contact her at [vjoan@att.net](mailto:vjoan@att.net), (563) 355-1899 (home) or (563) 508-1323 (cell).

**Sunday, Jan. 18 – 1 p.m. at Camden Park in Milan** (just south of 92<sup>nd</sup> Avenue on U.S. 67). Meet by the community center (entrance off 67). Hike leaders are Jeanne O'Melia and Ruth Sanders. Contact Jeanne at [jomelia@qconline.com](mailto:jomelia@qconline.com), (309) 787-2985 (home), (309) 716-1206 (cell), and Ruth at [ruthsndrs@yahoo.com](mailto:ruthsndrs@yahoo.com) or (309) 738-9900 (cell).

**Saturday, Jan. 24 – 1 p.m. at Wild Cat Den State Park** (between Muscatine and Buffalo, Ia.) Meet at the Mill Parking lot. Hike leaders are Ken and Julie Urban. Contact them at [Kdu1936@msn.com](mailto:Kdu1936@msn.com), (563) 326-3427 (home) or (563) 343-9118 (cell).

**Saturday, Jan. 31 – 11 a.m. at Johnson Sauk Trail** (Ill. 78 between Kewanee and Annawan) Meet at the parking lot for the Round Barn. Plan to eat lunch at a local restaurant after the hike. Hike leaders are Tim and Margaret Carey. Contact them at [timothy.carey@hotmail.com](mailto:timothy.carey@hotmail.com) or (920) 209-1984.

**Saturday, Feb. 7 - 10:00 a.m. at Blackhawk State Historic Site, Rock Island.** Meet at parking lot on south side of Blackhawk Road near the pedestrian overpass just west of the lodge. Plan to eat lunch afterward at Arthur's Garden Deli. Hike leaders are Deb and Dean Mathias. Contact them at [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com) or (309) 787-6547.

**Scott County Park** - with 1,280 acres, is the largest park in Scott County. Nine miles north of Davenport off U.S. 61, it has campgrounds, a toboggan hill, ice skating, hiking trails, golf course, picnic shelters, etc.

**Camden Park** - This park is home to the Milan Fireworks every July 3, two miles of walk path- open and wooded area - sledding hill with heated lodge and snacks, and an 18-hole disk golf course rated by the Disk Golf Association as the second most challenging course in Illinois.

**Wild Cat Den State Park** – about 15 miles west of Davenport. The beautiful bluffs and rock outcroppings provide spectacular views to hikers. A focal point is the Pine Creek Grist Mill in the eastern part of the park on Pine Creek. The mill was built in 1848 by Benjamin Nye, one of Muscatine County's first settlers.

**Johnson Sauk Trail** – about 45 miles southeast of Davenport, off Ill. 78, six miles south of Interstate 80 and 5 miles north of Kewanee. With 1,365 acres, this state park is on a glacial moraine that forms the beautiful, rolling hills of Henry County. It also sits astride a trail that led Native Americans from Lake Michigan to the confluence of the Mississippi and Rock rivers.

**Black Hawk State Historic Site** – along the Rock River in Rock Island, a wooded, steeply rolling 208-acre tract - borders the Rock River. Prehistoric Indians and 19<sup>th</sup> century settlers made their homes here, but the area is most closely identified with the Sauk nation and the warrior-leader whose name it bears - Black Hawk. The site was selected as one of the "7 Wonders of Illinois" in 2007.

## TOMRV Brochure Distribution

In February, hard-copy registration forms will be mailed to all TOMRV Riders from 2006, 2007 and 2008, plus all current QCBC members.

If you have moved and haven't notified Charlie Sattler, club Membership Coordinator, please do so ASAP. Kat Weeks is again handling registration and Kathy Storm is handling preparations for the bulk mailings.

Our printer will mail the TOMRV brochure to individuals in early February. However, a bulk mailing is done to about 200 bike shops in mid-February. For this task we need some volunteers. In January, we need four or five people to call bike shops during the day, Monday – Friday. You will need to use a cell phone and have an extra 75-100 minutes that you can donate to the club.

Once the list of the bike shops is updated, we can then prepare mailings to them. We usually take 4,000 – 5,000 brochures, divide them up into rubber-banded stacks of 25 each and mail them to bike shops in the Midwest.

If you can help for a few hours with either of these activities in early 2009, contact Kathy Storm at (563) 355-2564 or [kbstorm@aol.com](mailto:kbstorm@aol.com).

# RAGBRAI XXXVII - WAIVER

## AGREEMENT, WAIVER & RELEASE OF LIABILITY

RAGBRAI XXXVII  
July 19-25, 2009  
The Des Moines Register

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

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

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

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

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

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

If special arrangements are required for individuals with disabilities to complete and submit this form or if translation to another language is required, please contact T. J. Juszkiewicz at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50306-0622 no later than March 7, 2009. The Register will take those steps reasonably available to accommodate your request.

Si arreglos especiales son requeridos por personas incapacitadas para completar o someter este documento o si se requiere su traduccion a otra lengua, notifiquese T. J. Juszkiewicz en El Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50306-0622 antes de 7 del Marzo, 2009. El Register tomara las medidas razonablemente disponibles para acomodar su solicitud.

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

Printed Name

Date Signed

Unique ID

Signature Of Participant

Signature Of Parent If Entrant Is Under 18

**ALL PAPER APPLICATIONS MUST BE OR POSTMARKED NO LATER THAN FEBRUARY 21, 2009**  
**MAIL TO: RAGBRAI Fees, 2833 Kelling St Davenport, IA 52804**  
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# January 2009 Club Rides

**Winter Ride Schedule** – October through April

Morning rides start at 9:00 AM and maybe shortened or lengthened at the discretion of the riders.

Sat Jan 3	9:00 AM	Determined by riders	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Determined by riders	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Jan 4	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by riders	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Jan 7	9:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Jan 10	9:00 AM	Determined by riders	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Determined by riders	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sat Jan 10	1:00 PM		Scott Co. Park Glynn's Creek Nature Trail	Vivian Norton 563-355-1899	<b>WINTER HIKE</b> Use South entrance and take 2 <sup>nd</sup> road on right, park in lot on left just before one way traffic
Sun Jan 11	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by riders	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Jan 14	9:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Jan 17	9:00 AM	Determined by riders	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Determined by riders	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Jan 18	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by riders	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Jan 18	1:00 PM		Camden Park	Jeanne O'Mealia 309-787-2985 Ruth Sanders 309-738-9900	<b>WINTER HIKE</b> Meet at the Community Center
Wed Jan 21	9:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Jan 24	9:00 AM	Determined by riders	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Determined by riders	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sat Jan 24	1:00 PM		Wildcat Den State Park (between Buffalo and Muscatine)	Ken and Julie Urban 563-326-3427	<b>WINTER HIKE</b> Meet at the Mill Parking Lot
Sun Jan 25	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by riders	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Jan 28	9:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.

Check Web site for updates and additions to ride schedule format. Cont Page 11

## January 2009 Club Rides

**Winter Ride Schedule** – October through April

Morning rides start at 9:00 AM and maybe shortened or lengthened at the discretion of the riders.

Sat Jan 31	9:00 AM	Determined by riders	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Determined by rid- ers	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sat Jan 31	11:00 AM		Johnson Sauk State Park, Kewanee	Tim & Margaret Carey 920 209- 1984	<b>WINTER HIKE</b> Park meeting place TBA; will have lunch after hike

## February 2009 Club Rides

Sun Feb 1	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by rid- ers	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Feb 4	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport s	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Feb 7	9:00 AM	Determined by riders	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Determined by rid- ers	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Feb 8	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by rid- ers	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Feb 11	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport s	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Feb 14	9:00 AM	Determined by riders	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Determined by rid- ers	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Feb 14	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by rid- ers	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Feb 18	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport s	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Feb 21	9:00 AM	Determined by riders	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Determined by rid- ers	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Feb 22	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by rid- ers	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Wed Feb 25	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport s	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Feb 28	9:00 AM	Determined by riders	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Determined by rid- ers	<b>Sat Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.
Sun Mar 1	9:00 AM	Determined by riders	Hardee's, 425 55th St. Moline	Determined by rid- ers	<b>Sunday Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Usually includes a breakfast stop.

## 2009 Club Rides

### Ride Classification:

**Leisure Rides** – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

**Mid-Paced** – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October

**Mid Paced (3 Hour Out & Back Rides)** – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October

**Fast Paced** – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

**Rider's Choice** – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

## Welcome New QCBC Members!

Strohmeier	Dewey		Danbury	CT	203-792-9141
Gantzer	David		Bettendorf	IA	563-459-1624
Tuftee	Bob		Bettendorf	IA	563-349-3369
Kroul	Penny	Tim	Davenport	IA	563-340-0360
Ray	Bill	Gayle	Davenport	IA	563-340-2187
Kennedy	Tonia		LeClaire	IA	563-650-1739
Wells	Kris		LeClare	IA	563-289-3635
Rich	Jim		Galesburg	IL	309-344-6760
Hayes	Monty		Moline	IL	309-314-3579
McCoy	Jazett	Mike	Moline	IL	309-736-0732
Breeden	Randy		Lawrence	KS	785-841-5069
Cluff	Norm		Lawrence	KS	785-727-9666
Graham	Justin		Lawrence	KS	785-218-9504
Melick	Cal		Lawrence	KS	785-841-5795
Morris	Ken	Debie	Lawrence	KS	785-423-3996
Newsom	Bo		Lawrence	KS	785-766-0217
Sprecker	Chris	Arika	Lawrence	KS	785-331-2477
Weinang	Craig		Lawrence	KS	785-331-5501
Fleisher	Tom		Bethesda	MD	301-530-8514
Murphy	Dano		Bethesda	MD	301-530-3782
Pleeter	Saul		Bethesda	MD	
Tauscher	Elizabeth		Elkhorn	WI	

Membership—Totals		
Type	Memberships	Members
COMP	18	18
COUPLE	189	378
FAMILY	93	337
IND	410	410
LIFE	6	12
Grand Total	716	1155

**Reflectors and lights**

**By Chuck Oestreich**

I'm sure many of you have heard motorists complain about not being able to see bicyclists, especially in low light conditions. Many people are using bicycles as transportation, and not all have the necessary equipment to ride safely. Some of us have decided to address this problem, and try to rustle up some equipment. So, if you have any reflectors from old bikes, body reflectors, or headlights/taillights laying around, we'd like to partner with a local non-profit organization and distribute them to needy people. If you can help, contact Donnie Miller, Dean Mayne or Karen and Scot Schaar .



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

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Davenport, Iowa

RETURN SERVICE  
REQUESTED

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

### Upcoming events

- Jan. 10: Winter Hike, Scott County Park (page 8)
- Jan. 18: Winter Hike, Camden Park (page 8)
- Jan. 24: Winter hike, Wild Cat Den State Park (page 8)
- Jan. 24: Gary Fisher speaks in Des Moines (page 3)
- Feb. 21: Deadline for RAGBRAI registration (page 7)

**Get out and Ride!**

