



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — June 2010

Area becoming more bicycle friendly

By Chuck Oestriech

Let the drum roll sound for Rock Island's Cross Town Bike Trail Connector. That's a long name for something relatively simple and somewhat simply revolutionary.

It's a "bike trail," not along a river, on abandoned railroad tracks, or next to a highway in the country. This one is in the city – 31st Avenue in Rock Island. The trail will be about 3.5 miles of off-road bike path and on-road bike lane/route markings, from 38th Street to the end of the Great River Trail at Sunset Park.



It's an urban transportation improvement that is rich in promises for the community.

Illinois Sen. Dick Durbin, who secured much of the funding through the Federal Enhancement Act, had this to say: "Incorporating bike paths, bike lanes and sidewalks into the transportation system encourages physical activity and healthy lifestyles by providing a safe place to walk, jog and bike close to home. And these funds will be spent creating jobs in communities across our Illinois."

The key word in the trail's title is "connector."

It connects trails along the Mississippi and Rock rivers, making bicycling from the Great River Trail to Moline's Kiwanis Trail safe and direct..

It connects the Illinois urbanized area to Milan and future expansion of the area south of the Rock River.

It connects to the new bridge across the Rock, a bridge which has bike/pedestrian facilities along its downstream side, but right now is unusable because it's not connected at either end.

And when Milan puts its plans into effect, the 31st Avenue connector, along with the new bridge, will be an important part of connecting the Mississippi River Trail, which goes all the way to Cairo on the Illinois side, to the northern segments of the trail, which goes up to Wisconsin.

The new bikeway will connect Rock Island. It will complete three-quarters of a perimeter route around the city. The Great River Trail lies on two sides. The new trail will cover the south side. What's left is the east, with 38th Street and 44th Street looming in the future.

But that perimeter route also works for the Illinois Quad-Cities. It allows for circumnavigation of the borders of Moline, Rock Island and East Moline (when its trail to the Hennepin Canal Trail is complete).

The only gap left will be in the southeastern corner where the John Deere Golf course lies. A trail right along the river and next to the course would add another dimension to that sporting venue.

Just think: Bike down to the perimeter trail anywhere, then take off for a neat 40-mile or so circle ride back to the starting place. What a way to spend a day on a bike!

But that's only the recreational side of it. Transportation is perhaps even more important. Thirty first Avenue is within an easy bike to much of the population of Rock Island. Also, along its length are schools, churches, a library, along with some commercial and business location.

But, as mentioned earlier, it's a connector, with easy links to the Fitness Center, Black Hawk Historic Site, K-mart, and a whole wealth of destinations along the Rock River corridor.

Residences along 31st Avenue should also get a boost. Bikes on bike lanes are a subtle reminder to motorists to slow down and be watchful and cautious. Lanes have a traffic calming effect, and that has to be boon to people living along a laned avenue.

But what about those hills? Yes, 31st Avenue has two hills. First, every bike (except for some very old or some very new ones) has a set of gears made specifically for hills. We are blessed with hills. (I biked all around Chicago for two days last year and didn't have to shift once.) Hills give us a chance to gain some fitness, accomplish some goals, and fully utilize our bikes.

The bottom line is that there's nothing wrong with walking a hill. So, let those drums roll with fervor. Rock Island's 31st Avenue cross town bike trail connector is on the way to be a true "complete streets" transportation and recreation enhancement for our community.

Key Contacts

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

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
 Vice President – Denise Duethman (309) 721-7276
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

Board Members:

| | | |
|------------------------------|--------------------------------|------------------------------|
| Ken Urban (563) 326-3427 | Dave Thompson (309) 764-5030 | Don Luth (563)381-3750 |
| 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.

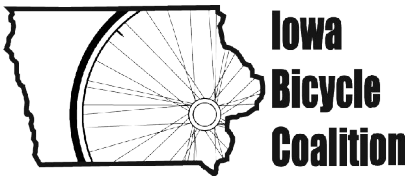
Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

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

Major Activities of the Club Include: Tailwind Century in 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 Membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

Affiliated With:



<http://www.iowabicyclecoalition.org>

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

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

Editor’s note on picture submissions

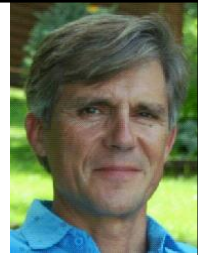
We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ Please send pictures in **as high a resolution as possible**. Pictures from a phone are poor quality, don’t reproduce well and their size can’t be changed. So, please high resolution shots from a digital camera.
- ◆ Please have a focal point in the picture. Wide, unorganized group shots don’t work well. Frame up to five people in a picture, and get as close as you can—allowing a little space on the sides to give some insight into the setting..
- ◆ Please provide names of all the people in pictures, from left to right.



Let's Ride!

John Harrington, QCBC president



I lied! The arm warmers came in handy recently. Now I mean it, they are banished to the closet.

- **John Wessel.** John used to say that QCBC board members never get a pat on the back for their service. Well, my friend, you are wrong. As many of you know, John has moved to Texas.

Over the years, John rode thousands of miles with lots of club members. He also served the board and club in many public and not-so-public ways. For years, he managed our annual dinner, led the Officer Nominating Committee, was a member of the Community Service Committee, sponsored the VIP tent at the Quad Cities Criterium, directed the Spring Tailwind Ride, worked on and co-sponsored the QCBC 40th Anniversary video and was awarded QCBC Volunteer of the Year.

That is a fantastic record. So, we say "goodbye" to our friend with a "pat on the back" and wish John well in his new adventure. Happy trails John.

- **TOMRV Update.** Doug Truesdell, TOMRV director, tells us that TOMRV 33 (<http://qcbc.org/tomrv/>) preparations are coming along just fine. Registration is a "couple hundred" ahead of last year as of May 10. The route looks good with one small concern about the bottom of Belmont Hill near the Bettendorf start. He will have that one ironed out very soon.

- **BMX Races.** Paul DePauw of East Moline BMX (embmx.com) spoke to the board about working together in the future. Paul and his crew have led local BMX training sessions and races almost 20 years. They have had many Olympians and National champions compete on their course in East Moline. A link-up of some sort with us might increase club awareness and membership, with riders younger than many of us. More to follow.



Thank You Cy!

Cy Galley is retiring as our Web master. As first Web master for QCBC.org, Cy has kept our site running 24/7 for more than 10 years. That's quite a record. With interactive videos in 1999 to downloadable ride schedules in 2010, Cy has also kept us up-to-date with technology.

He has routinely been available to promptly add whatever we have needed from just about anywhere on the globe. I can recall a recent call I made to Cy for help. He responded by placing an announcement front and center on the site - while vacationing on a cruise ship. Cy also spent considerable time issuing those critical email blasts we all receive.

Your board and I thank Cy for his years of service to Quad Cities Bicycle Club.

Please be assured that we are all in good hands with his capable replacement, Mike Moritz.

QCBC sets up booth at 3M Health Fair

Charles Curry, Dean Mathias and Donnie Miller manned a QCBC booth at the May 5-6 3M Health Fair, outside of Cordova.

About 100 3M employees attended the semi-annual fair, with several vendors representing everything from weight loss, healthy eating and nutritional supplements to karate demonstrations, YWCA, chiropractors, diabetes screening and, of course, the QCBC booth.

There also were speakers and demonstrators during the two days. Donnie gave a 45-minute presentation both days on bicycle safety.

Thanks to Bruce Grell and Healthy Habits for the use of three new bicycles for the display, to go along with all the safety information given out.

Friends of Off-Road Cycling's Sylvan Island Stampede VI

By Rick Wren

The mountain biking gods were with us for the sixth annual Sylvan Island Stampede on April 11. We couldn't have asked for nicer weather for a mountain bike race, unlike last year when it rained through the whole event. This year, there were a record 278 participants, up 103 from last year's 175 racers. That's an unheard of number of racers in a mountain bike race in this area. You would have to travel to Chicago or Wisconsin to find races with that many racers.

The Stampede is the first race in a series of races called the Illinois Homegrown Series, which consists of nine races in nine parks. Races include stops in Moline, Davenport, Peoria, East Peoria, Metamora, Bloomington-Normal, Chicago, Lake Shelbyville and Danville.

Prizes are awarded to the top three finishers in each category, and series awards to the top three category finishers in the complete series. All racers are eligible to win raffle prizes, regardless of finishing place.

The day started with the men and women's novice race - two 4-mile laps made up of the men's 19 and under, 20-29, 30-39, and 40 and over, and the women's 29 and under and 30 and over age groups.

The next race was the kids' race, with most of the races aged 8 and younger. We took them on a short trip through some very gentle terrain.

Then came the men's sport and women's open classes, followed by the men's expert, masters, and open race, seven 4-mile laps, with the men's single speeds starting two minutes after them and doing five 4-mile laps. The races went smoothly and no one was badly injured.

Some of our local talent;

Eric Perry - FORC - Davenport 1st overall male novice, 1st novice male 30-39
Keith Sheldon - FORC - Eldridge 2nd overall male novice, 2nd novice male 30-39
Ryan Cannady - FORC - Davenport 3rd overall male novice, 3rd novice male 30-39
Jose Miller - DICE - Davenport 2nd overall female novice, 1st novice female 20-29
Jacob Blair - FORC - Silvis. 2nd novice male 19 and under
Ben Dalbey - FORC - Muscatine 3rd novice male 20-29
Marianne Schoeder - FORC - Bettendorf 2nd novice female 40 and older
Jeff Houge - FORC - Geneseo. 3rd novice male 40 and older
Zach Blair - FORC - Hampton 2nd sport male 20-29
Jeff Abel - DICE - Davenport 2nd sport male 40 and older
Phil Curran - DICE - Davenport 3rd male masters
Brian Kingsbury - FORC - Davenport. 1st male open
Jeremiah Gantzer - DICE - Davenport 2nd male open
Ryan Neipert - FORC - Davenport 1st male single speed

The Friends of Off - Road Cycling would like to thank the QCBC for its continued support of the Sylvan Island Stampede, contributing to its increasing growth.

Lids for Kids Rewards

By Ken Urban

The QCBC has partnered with Happy Joe's and Whitey's to reward children for riding safely and wearing a helmet. By encouraging the use of helmets at an early age, lifelong habits hopefully will be formed. QCBC bicycling ambassadors will hand out tokens or gift certificates for a free ice cream cone to young riders they encounter on bike paths.

Initial volunteers include Deb and Dean Mathias, John Harrington, Mike Hughes, Vivian Norton, Denise Duethman, Donnie Miller, Darlene Moritz and Ken Urban. If you frequent the bike paths and would be willing to participate in the program, please contact Ken Urban for a supply of tokens.

Criterion Volunteer Party

By Donnie Miller

The party for those who volunteer to help at the Criterion will be from 5 to 8 p.m. Friday, June 4 at the Ragtime Grille & Supper Club, 1524 4th Ave, Rock Island. There will be hors d'oeuvres, beer and pop.

To get in, wear your Criterion Shirt. Kids with parents are welcome.

**American Bicycle Racing's
ILLINOIS State Road Race Championships**

Mississippi Bluffs Road Race

WHEN: July 17, 2010
WHERE: Adventurequest, 207th St North, Rapids City, IL
TIME: 11am race start
 9:30am registration and packet pick-up. Register closes 15 minutes before race start.

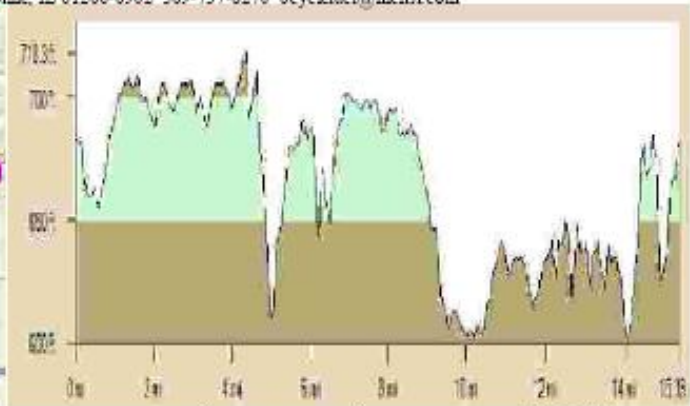
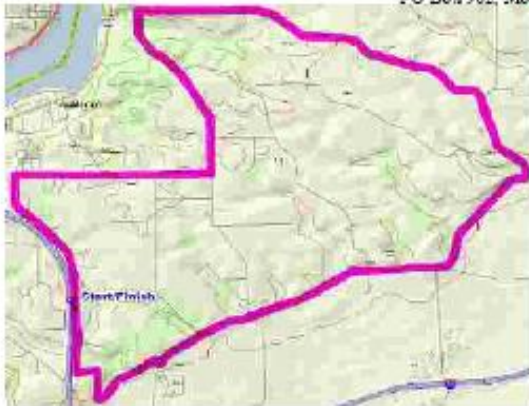
COST: \$20 pre-register by mail-in or with GetMeRegistered.com until July 14 (Add \$5 for 1-day)
 \$25 day of race registration (Add \$5 for 1-day)
 \$15 day of race for Beginners and Juniors (non-ABR members must buy 1-day License at \$5)
 \$5 Discount if racing 40K TT on July 18, 2010
 Please use the standard ABR Rider Release form for race entry.

SANCTIONED BY: American Bicycle Racing (ABR). Must be an ABR member or buy 1-day license.
RACE RULES: All ABR Road Racing Rules apply and the CENTERLINE RULE will be in effect. Race course will be open to motor traffic, so please ride right side.
IN ORDER TO WIN JERSEY OR PRIZES - YOU MUST HAVE AN ANNUAL LICENSE - ONE DAY LICENSES ARE NOT ELIGIBLE.

RACE COURSE: The course is a 25K rolling loop with just over 700 feet of climbing.
DIRECTIONS: From I-88 (Rt. 5/John Deere Rd) exit at old Rt. 2, and take Rt. 2 east for .5 miles to the first left which is 207th St North, take the left and follow around and up the hill to Adventurequest on the right.
 From Iowa and I-80, take the first Illinois exit to Rapids City and Rt. 84. Go north on Rt. 84 to 17th St. in Rapids City and take a right. Go up the hill (very steep) through the stop sign to the "T" intersection at 11th Ave (which also turns into 207th N. Turn right and follow around to Adventurequest on the left.
 Adventurequest is directly behind the I-80 weigh station and 207th St N parallels I-80.

RACES:
 11am Men's Open Cat 1, 2, 3, 4 all ages —4 laps at 100K
 11:05am Men's Master's 30 to 80+ —3 laps at 75K
 11:10am Women's Open Cat 1, 2, 3, 4 all ages —3 laps at 75K
 11:15am Women's Master's 30 to 70+ —2 laps at 50K
 11:20am Men's and Women's Cat 5 Beginner and Masters 50 to 80+ Beginner One-day License holders and Juniors—1 lap at 25K

AWARDS:
 Men's Open 3 places—\$50, \$40, \$30 40+, 50+, 60+ 2 places each \$50, \$30
 Women's Open 3 places \$50, \$40, \$30 Plus each category will get State Champ Jerseys
 Men's and Women's Beginner/Juniors/Master's prizes for top 5 each gender up to 80+
CONTACT: Donnie Miller—Donnie's Indoor Cycling Experience
 PO Box 902, Moline, IL 61266-0902 309-737-8270 bcyclermc@mchsi.com



ABR'S MIDWEST REGIONAL TT CHAMPIONSHIPS

| | | |
|--|--|--|
| <p>WELCOME: To the 8th Annual Dr Craig C Schultz Memorial 40K Time Trial</p> | <h1 style="margin: 0;">Dr Craig C Schultz Memorial 40K TT (AKA DICE/QCBC Cordova 40K)</h1> | |
| <p>DATE: Sunday 7/18/2010 Rain or shine.</p> | <p>AWARDS: Trophies to top 3 Overall. MATTS Medallions to top Senior & Masters Category and Age Group Winners, Tandem, Mixed Tandem, Recumbent, Break Away (Non-Aero), and QCBC member.</p> | |
| <p>TIME: 9 a.m. with the first rider off @ 9:01 sharp!</p> | <p>MEN: Open (1/2), Cat 3, 4, 5, Juniors, Age Grade 30-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ WOMEN: Open (1/2/3), Cat 4, 5, Juniors, Age Grade 30-39, 40-49, 50-59, 60-69, 70+</p> | |
| <p>LOCATION: Cordova, IL. 20 miles north of the Quad Cities. Registration and awards at city park shelter on west side of Route 84</p> | <p>Course Records Julie Foertsch 59:07.66 @ 25.22mph Jeff Otto 53:05.24 @ 28.09mph</p> | |
| <p>DIRECTIONS/PARKING: Cordova, IL is located 20 miles north of the Quad Cities and 15 miles south of Clinton, IA on the Mississippi River. There is parking in the city park on the southwestern part of town, right off of Route 84.</p> | <p>CONTACT: Donnie Miller Donnie's Indoor Cycling Experience PO Box 902 Moline, IL 61266-0902 Phone: 309-737-8270 E-mail: bicycleracr@mchsi.com</p> | |
| <p>PRE-REGISTER by 7/14/10. On-Line registration with WWW.GetMeRegistered.com Late fee in effect after above date except for QCBC members. If you ride twice, you must pre-register. RACE DAY REGISTRATION will be held 7:45 a.m.—9:00 a.m. at city park shelter. No double rides on race day registration.</p> | <p>FEES: Pre-Registered ABR Member \$20 Pre-Registered w/1-Day License \$25 Race Day ABR Member \$25 Race Day w/1-Day License \$30 \$5 Discount for second race \$5 Discount for racing Road Race day before Make checks payable to: Donnie's Indoor Cycling Experience</p> | |
| <p>COURSE: 40K, out and back course. Dead flat with one left turn. Turnaround in road. Course is open to vehicular traffic. Juniors can race either 20K or 40K.</p> | <p>RACE RULES: Riders go out in 1-minute intervals starting at 9:01 a.m. sharp. First signed up, first out. We will follow all ABR rules. Race goes on, rain or shine. We will provide holder. Park Tools will also have their self-service tool kit on site—free to use. NO REFUNDS.</p> | |
| <p>SANCTION: This is an American Bicycle Racing sanctioned event. You must have an annual license or purchase a 1-day license.</p> | <p>GetMeRegistered.com RACE CLEAR • LEVO • DEEM</p> <p>Websites: DiceTraining.com dicecycling.com qcbc.org ambikerace.com GetMeRegistered.com</p> | |



Du State Du Sunday, Aug. 15, 8 a.m., Loud Thunder Forest Preserve

2 mile Run + 15 mile Bike + 2 mile Run Duathlon

Post Race Picnic, we furnish hamburgers, salads and soft drinks – dessert potluck

Register Online at GetMeRegistered.com

Race Director is Marta Verschoore (309)756-0751 or email Runfaster40@mchsi.com

Sponsors

Healthy Habits – Nutrition & Bicycles, Kaminski Pain and Performance Care, County Waste Systems, Inc.

Approved Helmets are required for the bicycle portion of the event!

\$50 prize money to overall male/female winners

Awards to top three in each age group and division

Age Group Division, Male

Age Group Division, Female

24 & Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

29 & under, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Fat Tire Division, Male

Fat Tire Division, Female

Fat tire is a tire width over 1.90 inches

Male Team Division

Mixed Team Division

Female Team Division

Teams are 2 persons, One runner and One Biker; applications must be submitted together, with name of teammate on each

Race Day registration and number pickup 6AM – 7:30AM (Pre-registration ends 8/11/10)

Loud Thunder Forest Preserve is located off Route 92, about 5 miles southwest of Andalusia, Il. From Interstate 280, take the Route 92 exit west. Follow 92 thru Andalusia to Loud Thunder (right turn at top of hill). Follow Loud Thunder Road west, past the lake. At the top of the hill, follow the signs to the Horse Corral (race headquarters and start). Camping is available (about \$10 fee)—arrive early on Saturday to obtain the best camping spots. Race results will be available at www.cornbelt.org after the event.

Name _____ Age (8/15/10) _____ Birthdate (mm/dd/yy) _____

Address _____ City _____ State _____
Zip _____ Phone _____

Circle club membership: CBRC QCBC none Circle: Male Female

Circle one: Individual Du Fat Tire Male Team Female Team Mixed Team

Teammate's Name _____ Team Name _____

Entry Fee Per Person:

Early registration entry fee is \$29.00. Registration after 8/11/10 is \$34

CBRC and QCBC members receive a \$2.00 Discount

Entry Fee Enclosed \$ _____

WAIVER: I know that running/biking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants and their equipment, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Cornbelt Running Club, Quad Cities Bicycle Club, County of Rock Island, Loud Thunder Forest Preserve, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____ Date _____ Parent Signature if under

18 _____

Make checks payable to: Du State Du
Mail to: Cornbelt Running Club, 315 E. George Washington Blvd., Davenport, IA 52803

June 2010 Ride Schedule

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|-------|---|--------------------------|-----------|---|---|
| 1-Jun | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL. | Josie Miller- MillerJosieL@JohnDeere.com |
| 1-Jun | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 2-Jun | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) | Darlene Moritz 563-386-3499 |
| 2-Jun | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 3-Jun | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 5-Jun | Saturday Leisure Ride Bettendorf-Buffalo | 20-25 miles 10-13 mph | 8:00 a.m. | Leach Park, at 12th St. Bettendorf, IA | Vivian Norton 563-355-1899 563-508-1323 |
| 5-Jun | Saturday morning midpaced/fast-club ride with Muscatine & Iowa City bike clubs: START IN MUSCATINE | 60+ miles 14 -16 mph | 7:30 AM | Start at Fuller Park (Take 61 Bypass to Cedar Street; left (east) on Cedar Street; Fuller Park on the left) | Peg Heither 563-260-0126 |
| 5-Jun | Saturday morning Fast-Paced Ride, Ride with Melon City bike club in Muscatine | 66 Miles 16-18mph | 800AM | Riverfront Park on Rt. 92 Muscatine | David Thompson 754-5030, Gary Jones 359-5614 |
| 6-Jun | Sunday morning midpaced ride- Tour of South Rock Island County, plenty of hills for TOMRV training | 45 miles 14 -16 mph | 8:00 AM | Airport Park- south of QC Intl Airport on 78th Ave. | Ken Urban 563-326-3427 |
| 6-Jun | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 16-18mph | 800AM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 754-5030, Gary Jones 359-5614 |
| 7-Jun | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 8-Jun | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | Duck Creek Park , Davenport (Marlo Ave. & Locust St) Meet at the path | Josie Miller- MillerJosieL@JohnDeere.com |
| 8-Jun | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |

June 2010 Ride Schedule

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|--------|---|--------------------------------|-----------|---|--|
| 9-Jun | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) | Darlene Moritz 563-386-3499 |
| 9-Jun | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 10-Jun | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 12-Jun | Saturday morning midpaced ride-TOMRV weekend Riders' Choice | determined by riders 14-16 mph | 8:00 AM | East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL | Determined by Riders |
| 12-Jun | TOMRV No fast-paced ride | | | | |
| 13-Jun | Sunday morning midpaced ride-TOMRV weekend Riders' Choice...ride out to meet TOMRV riders? | determined by riders 14-16 mph | 8:00 AM | Duck Creek Parkway-Eastern Avenue, Dav. | Determined by Riders |
| 13-Jun | TOMRV No fast-paced ride | | | | |
| 14-Jun | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 15-Jun | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL. | Josie Miller- MillerJosieL@JohnDeere.com |
| 15-Jun | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 16-Jun | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) | Darlene Moritz 563-386-3499 |
| 16-Jun | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 17-Jun | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 19-Jun | Saturday Leisure Ride Bettendorf-LeClaire | 20-25 miles 10-13 mph | 8:00 a.m. | Leach Park, at 12th St. Bettendorf, IA | Vivian Norton 563-355-1899 563-508-1323 |
| 19-Jun | Saturday morning midpaced ride-Rock Island County- Taylor Ridge, Reynolds and beyond | 45 miles 14-16 mph | 8:00 AM | Rock Island Industrial Park Thermo King parking lot 3900-81st Ave, Rock Isld Centennial Expressway, | Tom Scott 309-788-9257 |

June 2010 Ride Schedule

| | | | | | |
|--------|--|--------------------------|-----------|---|---|
| 19-Jun | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 16-18mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |
| 20-Jun | Sunday morning midpaced ride MRT Ride- Muscatine-Buffalo-Muscatine Register at http://www.riveraction.org/ | 44 miles 14-16 mph | 7:00 AM | Downtown Muscatine riverfront pathway parking lot | Dean Mathias 309-737-8429 |
| 20-Jun | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 16-18mph | 800AM | East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline. | David Thompson 754-5030, Gary Jones 359-5614 |
| 21-Jun | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus so- cialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restau- rant, Bettendorf IA | |
| 22-Jun | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | Duck Creek Park , Davenport (Marlo Ave. & Locust St) Meet at the path | Josie Miller- Mil- ler JosieL@JohnDe ere.com |
| 22-Jun | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and bever- ages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 23-Jun | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) | Darlene Moritz 563-386-3499 |
| 23-Jun | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Park- way, Old River Dr and 55 th St Moline | Roger Fobair 563- 940-5583 |
| 24-Jun | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 26-Jun | Saturday Leisure Ride Rider's choice | 20-25 miles 10-13 mph | 8:00 a.m. | Leach Park, at 12th St. Bettendorf, IA | Vivian Norton 563-355-1899 563-508-1323 |
| 26-Jun | Saturday morning midpaced ride- RAG- BRAI training: Rural loop thru Hillsdale | 45+ miles 14-16 mph | 8:00 AM | East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL | Dixon Novy 309-736-0162 |
| 26-Jun | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 16-18mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |
| 27-Jun | Sunday morning midpaced ride- Bishop Hill for breakfast | 45+ miles 14-16 mph | 8:00 AM | Orion High School 1100- 13th St., Orion, IL | Deb & Dean Mathias 309-737-8429 |
| 27-Jun | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 16-18mph | 800AM | Quad Cities Air- port/General Avia- tion. Airport Road, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |

June 2010 Ride Schedule

| | | | | | |
|--------|---|-----------------------|---------|---|--|
| 28-Jun | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 29-Jun | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL. | Josie Miller- MillerJosieL@JohnDeere.com |
| 29-Jun | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 30-Jun | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hy-Vee on Spring St. Davenport (across parking lot from McD's) | Darlene Moritz 563-386-3499 |

July 2010 Ride Schedule

| | | | | | |
|-------|---|--------------------------------|--------------------------------|---|---|
| 1-Jul | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 3-Jul | Saturday Leisure Ride Bettendorf-LeClaire | 20-25 miles 10-13 mph | 8:00 a.m. | Trail head, Hwy 67, across from Mickey's restaurant. Bett. | Vivian Norton 563-355-1899 563-508-1323 |
| 3-Jul | Saturday morning midpaced ride- Wilton, Durant loop...homemade breakfast stop! | 45+ miles 14-16 mph | 7:00 AM (note earlier time) | West Lake Park, Gate 1- north entrance, Davenport | Steve Geering 563-381-3619 |
| 3-Jul | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 17-19mph | 800AM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |
| 4-Jul | Sunday morning midpaced ride- Independence Day- Riders' Choice | determined by riders 14-16 mph | 8:00 AM | East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL | Determined by Riders |
| 4-Jul | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 17-19mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |
| 5-Jul | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 6-Jul | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 6-Jul | Tuesday- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL. | Kathy Ramp - RampKathrynL@JohnDeere.com |

July 2010 Ride Schedule

| | | | | | |
|--------|---|--------------------------|--------------------------------|---|---|
| 7-Jul | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hardee's, 425 55th St. Moline | Darlene Moritz 563-386-3499 |
| 7-Jul | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 8-Jul | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 10-Jul | Saturday Leisure Ride Colona-Geneseo | 25-30 miles 10-13 mph | 8:00 a.m. | Park at Colona United Methodist, 1709 Cleveland Road.(I-80, R onto Cleveland Rd. | Vivian Norton 563-355-1899 563-508-1323 |
| 10-Jul | Saturday morning midpaced ride- Ride to Candy Kitchen in Wilton | 54 miles 14-16 mph | 7:00 AM (note earlier time) | Buffalo Park, Dodge St., Buffalo, IA | Andy & Perm Horst 563-381-3488 |
| 10-Jul | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 17-19mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |
| 11-Jul | Sunday morning midpaced ride- Ride to New Boston, IL | 50+ miles 14-16 mph | 8:00 AM | Elementary School, 24017- 122nd Ave. W., Illinois City, IL | Dick Wolbers 563-332-9906 |
| 11-Jul | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 17-19mph | 800AM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |
| 12-Jul | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 13-Jul | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 13-Jul | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | Governor's. Middle Rd. Bettendorf, IA | Kathy Ramp - RampKathrynL@JohnDeere.com |
| 14-Jul | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hardee's, 425 55th St. Moline | Darlene Moritz 563-386-3499 |
| 14-Jul | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 15-Jul | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |

July 2010 Ride Schedule

| | | | | | |
|--------|---|--------------------------|--------------------------------|--|---|
| 17-Jul | Saturday Leisure Ride Cordova-Hillsdale | 20-25 miles 10-13 mph | 8:00 a.m. | Cordova City Park, Hwy 84. | Vivian Norton 563-355-1899 563-508-1323 |
| 17-Jul | Saturday morning midpaced ride- RAG-BRAI training: Bi-state route | 60+ miles 14 -16 mph | 7:00 AM (note earlier time) | iWireless Center, West parking lot, 1201 River Dr, Moline, IL | Dixon Novy 309-736-0162 |
| 17-Jul | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 17-19mph | 800AM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |
| 18-Jul | Sunday morning midpaced ride- TBD | | 8:00 AM | TBD | TBD |
| 18-Jul | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 17-19mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |
| 19-Jul | Monday night ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 20-Jul | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 20-Jul | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL. | Kathy Ramp - RampKathrynL@JohnDeere.com |
| 21-Jul | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hardee's, 425 55th St. Moline | Darlene Moritz 563-386-3499 |
| 21-Jul | Wednesday Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 22-Jul | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 24-Jul | Saturday Leisure Ride Colona-Erie | 20-25 miles 10-13 mph | 8:00 a.m. | Cordova City Park, Hwy 84. | Vivian Norton 563-355-1899 563-508-1323 |
| 24-Jul | Saturday morning midpaced ride- TBD | | 7:00 AM (note earlier time) | TBD | TBD |
| 24-Jul | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 17-19mph | 800AM | Eastern Avenue Park, Duck Creek Parkway. | David Thompson 764-5030, Gary Jones 359-5614 |

July 2010 Ride Schedule

| | | | | | |
|--------|---|--------------------------|--------------------------------|---|---|
| 25-Jul | Sunday morning midpaced ride- TBD | | 8:00 AM | TBD | TBD |
| 25-Jul | Sunday morning Fast-Paced Ride, one stop | 50-60 Miles 17-19mph | 800AM | Quad Cities Airport/General Aviation. Airport Road, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |
| 26-Jul | Monday nite ride in Iowa. Two mileage options, mid and fast pace riders, plus socialize afterwards! | 25 mile or 35 mile | 5:30 PM | Governor's Restaurant, Bettendorf IA | |
| 27-Jul | Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i> | Determined by riders | 5:30 PM | Happy Joe's Pizza Eldridge IA | |
| 27-Jul | TUESDAY- Women's Only Rides- All skill levels welcome | 17-30 Mi TBD by group | 5:30 PM | Governor's. Middle Rd. Bettendorf, IA | Kathy Ramp - RampKathrynL@JohnDeere.com |
| 28-Jul | Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop | 25+ | 8:00 AM | Hardee's, 425 55th St. Moline | Darlene Moritz 563-386-3499 |
| 28-Jul | Wednesdy Evening FAST rides | Determined by riders | 5:00PM | East end of Ben Butterworth Parkway, Old River Dr and 55 th St Moline | Roger Fobair 563-940-5583 |
| 29-Jul | Thursday Illinois evening ride | Determined by riders | 5:30 PM | Rapid City boat launch | |
| 31-Jul | Saturday Leisure Ride Colona-Geneseo | 20-25 miles 10-13 mph | 8:00 a.m. | Park at Colona United Methodist, 1709 Cleveland Road.(I-80, R onto Cleveland Rd. | Vivian Norton 563-355-1899 |
| 31-Jul | Saturday morning midpaced ride- TBD | | 7:00 AM (note earlier time) | TBD | TBD |
| 31-Jul | Saturday morning Fast-Paced Ride, one stop. | 50-60 Miles 17-19mph | 800AM | East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline. | David Thompson 764-5030, Gary Jones 359-5614 |

Another successful Tailwind Ride

By Charles Curry

Despite overcast skies and a forecast of rain, 62 riders turned out for the annual Tailwind Ride on April 24. Riders met at the east end of the Butterworth Recreational Trail in Moline, filled two buses, and with a tractor-trailer filled with bicycles, set off for Washburn, Ill. The route back alternated between west and north directions, taking advantage of an east wind that picked up as the day progressed. Many riders ran into variable rain showers, mostly before the lunch stop at Wiley Park in Galva.

The lead group of eight riders completed the course in four hours and 41 minutes, at an average of 21.4 mph.

Thanks to Jim Dayton, Eric and Kathryn Weeks, Dee Reed, Jim Gale, Dick Grimm, Dave Thompson, Dave Alftine, Charles Curry, Michael Crotty, and John Wessel for their work on the ride

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

New Members

| NewMember | Spouse | CityState | Phone |
|--------------------|-------------|-----------------|--------------|
| Bobbit, Jacop | | Davenport, IA | 309-262-9928 |
| Briggs, Paul | Patricia | Rock Island, IL | 309-781-5299 |
| Clark, Richard | Denise | Moline, IL | 309-230-4274 |
| Doughty, Fran | H. Reed | LeClaire, IA | 563-289-1551 |
| Drobney, Matt | | Coal Valley, IL | 563-505-1329 |
| Frahm, Dan | Kay | Bettendorf, IA | 563-271-6414 |
| Keir, Patricia | | Bettendorf, IA | 563-441-7595 |
| Lohman, Todd | Chris | Moline, IL | 309-738-2500 |
| Paulsen, Traci | Joe D'Souza | Davenport, IA | 563-359-1006 |
| Radman, Matthew | | Rock Island, IL | |
| Rolsch, Sue | Jude | Bettendorf, IA | 563-370-5294 |
| Sattizahn, Kathy | | Erie, IL | 563-321-1305 |
| Schwerdtfeger, Jon | | Moline, IL | 309-314-6747 |
| Snook, Laura | James | LeClaire, IA | 563-289-4776 |
| Sullivan, Steven | | Davenport, IA | 563-210-3564 |
| VanDamme, Matty | | Moline, IL | |

Membership—Totals

| Type | Memberships | Members |
|-------------|-------------|---------|
| COMP | 21 | 24 |
| COUPLE | 208 | 416 |
| FAMILY | 94 | 335 |
| IND | 341 | 341 |
| LIFE | 3 | 5 |
| Grand Total | 667 | 1115 |

Saturdays at Seven

During July, midpaced rides will start at 7 a.m. Saturdays. In the ride survey, several riders expressed an interest in the club offering earlier rides during warm months. Many want an early start to beat the heat and be back home for family activities. If the rides are popular, they will be expanded to include other summer months.

QCBC Spring Adopt-a-Highway

By Ken Urban

They say “Many hands make light work,” and a record number of volunteers showed up for the Spring Adopt-a-Highway trash pickup May 3.

Twenty club members cleaned up a two-mile stretch of Scott County Park Road. The trash was sorted and recyclable materials dropped off at the Scott County Recycling Center.

The group was rewarded with pizza at Happy Joe’s afterward. Thanks to Jim Bernas, Rudy Claussen, Charles Curry, Doug McDonald, Gordon and Karen Fordyce; John, Janette and Justin Harrington; Jean Kelly, Don Luth, Dixon Novy, Karen Schaar, Paul and Cindy Scheibelhut, Phil Schubbe, Cheryl True, Ruth Vantol, Mike Wilcox.

Quad Cities Bicycle Club

Membership Application

(Please print legibly using blue or black ink. Fill in all blanks.)

New Application Renewal Application
 Date of Application (mm/dd/year) _____

Membership Type Individual \$20/Year
 Couple \$20/Year
 Family \$20/Year
 Sponsor \$40/Year

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____
 (Including Area Code)

E-mail _____
 (Please carefully print current e-mail address)

Please Note! The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter and Membership Directory (e-mail address also included). We have found this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter or in the Membership Directory, please indicate here:

Members normally get e-mail notification when the monthly newsletter is available on the Web site. If you prefer your hard copy newsletter be mailed by the US Postal Service, please indicate this here:

Memberships in other Organizations: League of American Bicyclists League of Illinois Bicyclists Iowa Bicycle Coalition
 International Mountain Bicycling Assoc USA Cycling American Bicycle Racing Adventure Cycling Assoc
 Bikes Belong USA Triathlon Rails-To-Trails Conservancy Thunderhead Alliance Double "I" Cycling Experience
 Velosport Racing Friends of Off Road Cycling Cornbelt Running Club
 Other (List Here) _____

| Family Members * | Birth Date | M/F | Riding Interests | I Can Help With: |
|------------------|------------|-----|---|--|
| | | | <input type="checkbox"/> Camping | <input type="checkbox"/> Advocacy <input checked="" type="checkbox"/> QC Triathlon |
| | | | <input checked="" type="checkbox"/> Commuting | <input checked="" type="checkbox"/> Annual Awards Dinner <input checked="" type="checkbox"/> Packet Stuffing |
| | | | <input checked="" type="checkbox"/> Cyclocross | <input checked="" type="checkbox"/> Bike Rodeos <input checked="" type="checkbox"/> Race |
| | | | <input checked="" type="checkbox"/> Duathlons | Events |
| | | | <input checked="" type="checkbox"/> Endurance | <input checked="" type="checkbox"/> Computer Work <input checked="" type="checkbox"/> RAGBRAI |
| | | | <input checked="" type="checkbox"/> Mountain | <input checked="" type="checkbox"/> Du-State-Du <input checked="" type="checkbox"/> Ride |
| | | | Biking | Leader |
| | | | <input checked="" type="checkbox"/> Racing/ Training | <input checked="" type="checkbox"/> Health/Fitness Fairs <input checked="" type="checkbox"/> Ride Schedule |
| | | | | <input checked="" type="checkbox"/> Heartland Century <input checked="" type="checkbox"/> Safety/Educate |

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

Membership Application contd.

Waiver, Consent and Release of Liability

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

Admission of Risk and Liability Release:

In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC,) its officers, board of directors, members and volunteers, in the case of any accident, injury or damage of any kind. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

FOR MINORS: Parent or Guardian must agree to this waiver:

I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: _____ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

Individual Membership (Self) _____ Date _____

Couple/Family Membership (Self) _____ Date _____

Couple/Family Membership (Spouse) _____ Date _____

Parent/Guardian of Child <18 _____ Date _____

Please make all checks payable to: Quad Cities Bicycle Club
Please mail completed form to: QCBC, Attn: Membership,
PO Box 3575, Davenport, IA 52808

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month's newsletter via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org> Revised 3-114-10 dlm

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

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

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

May 29—Bike path Century
May 31—Criterium
June 4—3 Club Ride in Muscatine
June 12—TOMRV
July 17—Mississippi Bluffs Road Race
July 18—Craig C. Schultz Memorial 40K TT
Aug. 15—Du State Du

Get out and Ride!

