



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — September 2011

## Celebrating RAGBRAI 2011



Photos courtesy of  
The Dispatch/Rock Island Argus

## Key Contacts

**Officers:**

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)  
 Vice president - Denise Duethman (309) 721-7276 or [neuromanager910@yahoo.com](mailto:neuromanager910@yahoo.com)  
 Recording Secretary - Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)  
 Treasurer - Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

**Quad Cities Bicycle Club**  
 P.O. Box 3575  
 Davenport, IA 52808  
[www.qcbc.org](http://www.qcbc.org)

**Board Members:**

Terry Burke (309) 797-3790	Laurel Darren (309) 230-2484	Doug McDonald (563) 332-6774
Katherine Bain (563) 514-3066	Michael Hughes (563) 332-5605	Donnie Miller (309) 737-8270
Don Collins (563) 340-3476	Don Luth (563) 381-3750	Dave Thompson (309) 764-5030

**Key Contacts:** A complete listing of committee chairmen and key contacts is available on the club's website and in the front of the hard copy ride schedule and membership directory booklet.

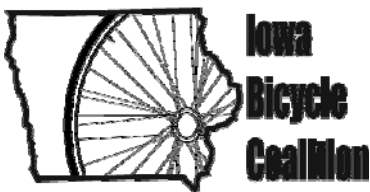
**Mission Statement:** To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

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

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) Free want ads are available for members. **Commercial ads are available at the following rates: ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.**

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

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual Membership



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



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



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

<b>QCBC Membership Totals</b>		
Type	# memberships	# members
<b>Comp</b>	<b>18</b>	<b>18</b>
<b>Couple</b>	<b>243</b>	<b>486</b>
<b>Family</b>	<b>114</b>	<b>420</b>
<b>Individual</b>	<b>362</b>	<b>362</b>
<b>Life</b>	<b>3</b>	<b>5</b>

**Think chilly weather, Chili Ride**

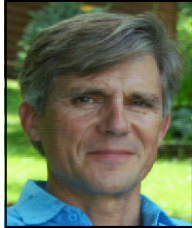
This year's Chili Ride will be held Saturday, Oct. 15 and will start and end at Bettendorf's Middle Park Lagoon shelter. All rides will start at 9 a.m.

The club will provide chili, drinks and cookies at noon. Cost is \$5.

If you plan to ride, contact Don Luth at (563) 381-3750 or [bluth429@msn.com](mailto:bluth429@msn.com).



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



Ride temps are very comfortable. Let's keep it that way!

Clean out your garage and let someone else ride your old bike. For several years, Bruce Grell, owner of Healthy Habits (563-332-5145) has been giving bikes in working order to various organizations like Big Brothers/Big Sisters.

Folks like you drop off bikes they no longer need and Bruce and his elves perform magic. They'll lube chains, put on a new tire, free up tight brakes and poof, there's a bike for someone that doesn't have one. So give some thought to dropping by his shop on Devils Glen Road in Bettendorf and leaving a bike. Someone will be thanking you.

Another approach is to contact Cathy Jordan at [cajojordan@yahoo.com](mailto:cajojordan@yahoo.com). Cathy is the Service Coordinator with the Humility of Mary Shelter in Davenport. She needs working bicycles for homeless veterans to look for jobs, family and permanent housing. Others have already donated bike locks and a bike rack.

So, just visit Bruce or Cathy with your bike and you'll do a good thing.

— **Heartland Century.** Speaking of good things, the Heartland Century will be held on Saturday, Sept. 10. Go to [qcbc.org/heartland/](http://qcbc.org/heartland/) to sign up. It's sure to be a great event as always. And be sure to say "thanks" to our great volunteers.

— **Fall Tailwind.** The 2011 Fall Tailwind will be held on Saturday, Oct. 1. Go to <http://qcbc.org/tailwind/> to sign up. Thanks to Dave "I have maps for everything" Thompson, Don "Mr. Chili Ride" Luth and First Lady Janette Harrington for running this year's event.

**Letter to the editor:**

Dear Mr. Harrington,

My wife and I participated in the 2011 TOMRV sponsored by your club. I am pleased to say it was a rewarding experience though not without its challenges—those HILLS, WOW!

My wife and I took up biking in May of this year when my wife got the bug to do RAGBRAI. So we have been following the RAGBRAI training schedule posted on their website since May. Then a friend suggested that TOMRV would be a good way to prepare for RAGBRAI—thus the hill experience of a lifetime. We really do not have the proper bikes for such riding. We both have hybrid Trek bikes. We can see that we will need to switch to road bikes if we continue riding.

The reason for this letter is to let you know how impressed we were with the organization of the ride. It made it so much "easier" for beginners to appreciate the ride, the people, and the outstanding scenery.

Your SAG stops were well placed and the volunteers were most friendly and helpful. My wife is 60, and we both are long time runners who have participated in many road races and recognize a quality event when we see one—yours was a very high quality event.

Congratulations on your well run 2011 TOMRV ride!

Sincerely,  
John S. Tritt



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& SE BMX

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309-752-9850                Sat. 10 – 2

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## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Back then it was a good idea. Kids could get to school by walking or biking.

But the state came in and turned a byway into a highway – made John Deere Road seven lanes wide, effectively stopping walking or biking to Blackhawk Elementary School just south of the road.

To compensate, they built a bike/pedestrian overpass linking the Moline residences north of the road to the school. It never worked because before it was finished, the school was closed, leaving the classy, modernistic bridge with hardly any users.

A few people used it to get to SouthPark Mall or Target, some bicyclists used it to avoid jammed intersections at 16th and 7th streets, and vandals descended on the Plexiglas-enclosed passage, turning it from a plus to an “uff.”

The graffiti and the broken side panels put an end to it. The city put up barriers at each side, creating a “can't be used” million-dollar span across a very major community connector.

But now the Moline City Council is in the process of re-establishing the bridge as a bicycle/pedestrian facility, with a new outer covering of chain-link and reopened entrances.

But is it needed? And if so, will it work?

Need. Well those intersections at 16th and 7th are still there and more busy than before. Any bicyclist or walker from Moline's central residential area hoping to bike to the commercial magnets on the south side of John Deere Road must somehow get across one of those intersections – not an easy task.

Seasoned bicyclists can, and do, bike through them (my wife and I do it all the time.), but they are formidable barriers for casual cyclists. As for walkers – I can't remember the last time I saw a pedestrian walking across the 7th Street/John Deere intersection.

So, yes, the bridge is needed.

Will it work? Actually, it just might.

The new Quad Cities Metro Area Bicycle Map shows Moline's 15th Street as a north-south bike friendly route through the city. When it ends at 35th Avenue, a short right – then a left - will lead to the entrance to the bridge.

On the other side of John Deere Road, the roads are friendly. Go east for the big boxes and some small eateries close to 7th Street. Go west to Southpark Mall and the many businesses on its periphery.

The overpass does have some issues, however. It's very walker friendly, but not a good bike passage. In fact, right now a sign at the entrance lists “Riding Bicycles” as one of its prohibited activities. You can't ride, but you can walk a bike.

Possibly the reason for the prohibition is that besides stairways, each side has a corkscrew shaped ramp for handicapped accessibility going both up and down. The ramp has no stairs, making it ideal for bikes.

Well, not quite. The spiral is so tight that going up demands the steering and balancing control of a criterium racer. As for going down, get off and walk. The passage is tight, is steep, and allows no sighting of what's ahead – perhaps someone wobbling back and forth trying to bike up it.

The basic structure of the overpass isn't set to be changed. But that doesn't mean it can't be used by bicyclists, as well as walkers.

Walk your bike up and down it and enjoy an elevated, attractive, and traffic free passage over the seven frenzied lanes of John Deere Road.

## QCBC Adopt-a-Highway will be Oct. 2

By **Ken Urban**

Please do your part to beautify Scott County. The fall Adopt-a-Highway trash pickup will be held at 4:30 p.m., Sunday, Oct. 2. For several years, the club has helped maintain a two-mile stretch of Scott County Park Road (Hwy. 956).

Please meet in the gravel parking lot west of the soccer fields near the intersection of F55 & 956. Wear sturdy shoes, long pants and gloves. Volunteers will be rewarded with pizza after the work is done. Rain date will be Sunday, Oct. 9. For more information, call Ken Urban at (563) 326-3427.

# Fall Tailwind Century

By Don Luth

The Fall Tailwind Century will be held Saturday, Oct. 1. We'll start to load bikes at Ben Butterworth Parkway at 6:30 a.m. and leave at 7 a.m. for our starting destination.

There will be one bus, with a limit of about 45 people, but we'll add another bus if there is enough interest. The drive normally takes about two hours. Once there, we'll unload the bikes and send you on your way after handing out improved and easier to read cue sheets.

We will have a secure area (probably a locked trailer) for any gear you don't want to haul back on your bike.

The entry fee is \$20.

There will be a basic sag stop about 50 to 60 miles into the ride, with water, Gatorade, sub sandwiches and other goodies. Every route has plenty of small towns with services along the way if you need a full lunch.

If you are planning on riding, send a check with the registration form and the signed waiver on the next page, by Sept. 26, to Don Luth, 13114 81<sup>st</sup> Ave., Blue Grass, IA 52726

The Tailwind Committee is comprised of Dave Thompson, Janette Harrington and Don Luth.

FALL TAILWIND CENTURY OCTOBER 1, 2011

Send checks and entry form to: QCBC c/o Don Luth, 13114 81<sup>st</sup> Avenue, Blue Grass, IA 52726

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_

## New QCBC members

<b>NewMember</b>	<b>CityState</b>	<b>Phone</b>
Branner, Kelli	Moline, IL	309-912-1105
Buser, Joe	Orion, IL	day 309-314-6180
McKinley, Phil ,Amy	Davenport, IA	day 309-782-1270 eve 563-359-4682
Nylin, Shawna ,Christopher	Rock Island, IL	day 309-788-8239 eve 563-343-3922
Rosing, Curtis ,Soung Young	Davenport, IA	563-326-8812
Schneider, Judy ,Darrin	Bettendorf, IA	
Volden, Sam	Pleasant Valley, IA	563-940-7170
Weeks, Steve	East Moline, IL	day 309-373-0796 eve 309-373-0796
Wildharber, David ,Meg Halligan	Davenport, IA	

QCBC Event Accident Waiver and Release of Liability. Revised 10/10/07

EVENT PARTICIPANT / VOLUNTEER  
ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all event participants and volunteers)

I acknowledge that \_\_\_\_\_ (hereafter referred to as the Event) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of roads and highways, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to the riders, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective highways, equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

**I agree to obey all traffic laws of the hosting state and to wear an approved helmet while cycling in this event.** I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees); and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns.

The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT

\_\_\_\_\_  
**Print Participant's Name**                      **Age**                      **Signature of participant**                      **Date**  
(if under 18 years old, Parent or guardian must also sign below)  
**PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)**

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents of legal guardian.

\_\_\_\_\_  
**Print Participant's Name**                      **Age**                      **Signature of Parent or Guardian**                      **Date**

# My First RAGBRAI

By Charlie Sattler

My first RAGBRAI was in 1982, and also ended in Davenport.

The route was Cherokee, Estherville, Forest City, Charles City, Independence, Tipton, and finally Davenport. Bikes back then were much heavier than they are today, and bike shoes consisted of a stiff sole. Toe clips were popular—a plastic or metal configuration attached to the pedal to hold your shoe on the pedal. Shifters were friction and you had to start shifting before going uphill or you would be walking your bike.

The bikes were 10-, 12-, and 18-speed, and touring shorts were just cloth shorts with a liner.

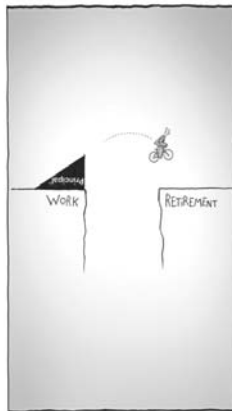
The overnight towns never had many portable toilets, and those they had were poorly maintained. Most everyone carried paper and used the corn fields. The tents were smaller and all looked the same. We never thought of leaving camp until 7 a.m. or later, and always had breakfast before we left. If you were back by 3 p.m., you were really doing well.

The weather was great that week. It was a long ride - 523 miles—but I was much younger and it seemed so easy. The camaraderie was awesome. It was fun to ride alongside a person struggling on a hill and just put your hand on their back and help them up.

It was so easy to strike up a conversation with anyone. Nobody could go that fast and we really enjoyed meeting new people. We carried tube patches, tire liners, Allen sets, crescent and spoke wrenches, pliers, tape, and a frame pump.

If you wanted to call back home, a pay phone was the main option. Phone companies would have a small trailer with pay phones or the towns had phone booths downtown. But sometimes there was no dial tone if the system was overloaded.

If you had an emergency call from home, the highway patrol would hold out a sign with your name on it. It was sad when the week was over. When we rode Locust Street into Davenport the city wasn't prepared for us as they were this year. I was glad I participated in the longest RAGBRAI at that time.



## Need a lift?

Getting to retirement can seem like a pretty daunting task. What do you do? How much should you save? Where do you begin? Fortunately, this is where the Principal Financial Group® can help. We have everything you need to plan for retirement, from simple tools to help you get started to a wide range of financial products — including IRAs, annuities, investments and insurance. And as one of the nation's 401(k) leaders,\* we know how to make the whole process as simple as possible. So no matter how far away retirement might seem, The Principal® can give you an edge in getting there.



**John W. Harrington**  
 Financial Representative  
 Princor Registered Representative  
 Financial Advisor  
 5103 Utica Ridge Road  
 Davenport, IA 52808  
 (563) 940-6023  
 harrington.john@principal.com



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Dr. Smith Answers Your  
 Foot Pain Questions.

## What is a Neuroma?



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

"When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma," says Dr. Smith. "Wearing tight or narrow biking shoes can lead to neuromas."

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

**Reducing neuroma pain and swelling may involve:**

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, injections, and surgery

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## Plan for Oct. 8-9 Wisconsin Fall Foliage Ride

By Deb and Dean Mathias

Make plans to join Deb and Dean Mathias and others for the 2011 QCBC Fall Foliage Ride Oct. 8 and 9 in Mt. Horeb, Wis.

The ride starts at 9 a.m. Saturday, from the Military Ridge State Park Trail parking lot and will be 50 to 60 miles. The Sunday ride starts at 8 a.m. from the same location and will be 40 to 50 miles.

The Mathias' will drive to Mount Horeb on Friday evening, Oct. 8.

If you can't get away for an entire weekend, Mt. Horeb is about 140 miles from Davenport – close enough to drive up and back the same day. You also can ride just one day on some new roads with spectacular scenery.

Mt. Horeb (<http://trollway.com/>) is known for life-sized trolls carved into tree trunks along its main street. Visitors are encouraged to take a leisurely "[Troll Stroll](#)" to seek out these unique characters.

A cycling route on quiet country roads promises more than a few hills both days, with some flatter options. The destination is a different town each day with lunch opportunities before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) offers an option for cyclists who prefer a totally flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

If you plan to join the ride, contact Deb or Dean Mathias at (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com), so we know how many people to expect. We also need a head count of people who will be joining the group for an Italian dinner on Saturday night. People who aren't riding also are welcome to join us for dinner.

You are responsible for making your own room reservations. A block of rooms has been reserved at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)), which has an indoor pool. The rooms will be held until Sept. 5. Mention the QCBC for a group rate. To reserve a room, call (888) 621-1884 or (608) 437-5545.

Rooms also are available at the Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), which is adjacent to the Military Ridge Bike Trail. Call (608) 437-3350.

Some Bed and Breakfasts also are available in the area. Check the Mt. Horeb website for more information.

Two nearby parks provide camping possibilities:

- Brigham Park – a 112-acre park with a spectacular panoramic view, about seven miles west of Mt. Horeb
- Blue Mounds State Park, about 10 miles west of Mt. Horeb. For more information, call (608) 437-5711 or (888) 947-2757.

Bring along non-cycling family members to enjoy points of interest in or near Mt. Horeb: Troll Walk, Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway [www.littlenorway.com](http://www.littlenorway.com), Cave of the Mounds (608-437-3038).



A picture of last year's Fall Foliage Ride.

### Hy-Vee offering discount on Hy-Vee Triathlon

Hy-Vee is offering a \$25 off discount code for any relay team or individual's registration fee for the Hy-Vee Triathlon Sept. 4, in Des Moines, Iowa.

This code - HYVEEALUM25—is case sensitive and good through July 31.

For more information, <http://www.hy-veetriathlon.com/>.



## September Ride Schedule

Sep 01	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	Determined by riders	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	No ride leader
Sep 03	Saturday morning mid-paced ride- Ride to Tampico, birthplace of President Ronald Regan. Breakfast stop option.	55 miles 14-16 mph	8:00AM	Geneseo City Park	TBD
Sep 03	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Geneseo City Park	David Thompson 764-5030, Gary Jones 359-5614
Sep 03	Saturday morning mid-paced ride- Ride to Tampico, birthplace of President Ronald Regan. Breakfast stop option.	55 miles 14-16 mph	8:00AM	Geneseo City Park	Dick Wolbers 563-332-9906
Sep 04	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 764-5030, Gary Jones 359-5614
Sep 04	Sunday morning mid-paced ride- Orion and beyond, plenty of rollers on lightly traveled country roads	40 miles	8:00AM	Colona Grade School, 700- 1st St., Colona, IL	Ken Urban 563-326-3427
Sep 05	Labor Day Ride	50-60 Miles 16-18mph	800AM	TBD - Check QCBC.org for updates	David Thompson 764-5030, Gary Jones 359-5614
Sep 05	Labor Day Ride to McCausland for fire department pancake breakfast and car show.	38 miles 14-16 mph	8:00AM	Eastern Ave. Park, Duck Creek Pkwy, Dav., IA	Mike Wilcox 563-322-0946
Sep 06	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Sep 06	Tuesday evening Iowa ride. After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30PM	Happy Joe's Pizza, Eldridge, IA	Don Collins 563-340-3476
Sep 07	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499

## September Ride Schedule

Sep 08	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	Determined by riders	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	No ride leader
Sep 10	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Heartland Centuries - See QCBC.org for details	David Thompson 764-5030, Gary Jones 359-5614
Sep 10	Saturday morning-Heartland Century (see newsletter/website for more info)	50-100 mi	6:30-10:00AM	Illiniwek Park, Hampton, IL	Scott Swanson 563-940-2901
Sep 11	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 764-5030, Gary Jones 359-5614
Sep 11	Sunday morning mid-paced ride- NE Scott County loop	45-50 miles 14-16 mph	8:00AM	Crow Creek Park, Bettendorf	Kevin Kraft 563-505-9688
Sep 13	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Sep 13	Tuesday evening Iowa ride. After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30PM	Happy Joe's Pizza, Eldridge, IA	Don Collins 563-340-3476
Sep 14	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Sep 15	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	Determined by riders	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	No ride leader
Sep 17	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
Sep 17	Saturday morning mid-paced ride- SW Clinton County, 46 or 62 mile routes, lunch option at Don's Pub afterward	46 or 62 mi. 14-16 mph	8:00AM	Sportsmen's Park (ball diamond), Donahue, IA	Darlene Moritz 563-386-3499

## September Ride Schedule

Sep 18	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 764-5030, Gary Jones 359-5614
Sep 18	Sunday morning mid-paced ride- Rock Island/Henry county back roads	45-50 mi 14 -16 mph	8:00AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Kevin Smith 309-792-5613
Sep 20	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Sep 20	Tuesday evening Iowa ride. After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30PM	Happy Joe's Pizza, Eldridge, IA	Don Collins 563-340-3476
Sep 21	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Sep 22	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	Determined by riders	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	No ride leader
Sep 24	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
Sep 24	Saturday morning - Miracles Can Happen Ride (see newsletter/website for more info)	25-100 mi	6:30AM	Wilton Swim Park, 305 E. Wate St., Wilton, IA	Dick Grimm 563-445-7797
Sep 25	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
Sep 25	Sunday morning mid-paced ride- explore western Henry County with breakfast option. Route will depend on wind direction.	40-45 mi 14 -16 mph	8:00AM	Colona Grade School, 700- 1st St., Colona, IL	Warren Power 563-391-5466
Sep 27	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389

## September Ride Schedule

Sep 27	Tuesday evening Iowa ride. After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30PM	Happy Joe's Pizza, Eldridge, IA	Don Collins 563-340-3476
Sep 28	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	8:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Sep 29	Thursday evening Illinois ride. Starts on bike path, but often takes routes onto rural roads.	Determined by riders	5:30PM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	No ride leader



## October Ride Schedule

Oct 01	Saturday morning mid-paced ride- route to be determined by riders	TBD 14-16 mph	9:00AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Riders' Choice
Oct 02	Sunday morning mid-paced ride- 3 hour out & back, convenience store stop only	40 mi. 14-16 mph	9:00AM	Crow Creek Park, Bettendorf	John Harrington 563-940-6023
Oct 04	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Oct 05	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Oct 11	Tuesday Women's Only Rides - all levels	15 - 30 Miles TBD by group	5:30PM	Call Kathy for start location	Kathy Ramp 309-738-8389
Oct 12	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499

## Quad Cities Bicycle Club Membership Application

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

New Application  
 Renewal Application  
 Date of Application (mm/dd/year) \_\_\_\_\_ Gender M/F Applicant Birthdate (mm/dd/year) \_\_\_\_\_

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

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

(Including Area Code)

(Please carefully print current e-mail address)

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

**NO** I do not want my info in the hard copy & on-line version of the newsletter     **NO** I do not want my info in the Member Directory  
 Members normally get e-mail notification when the monthly newsletter is available on the web site.

**If you prefer your newsletter be mailed by the US Postal Service, please indicate this here:**     **YES** Please mail the newsletter to me via USPS

**Memberships in other Organizations:**     League of American Bicyclists     League of Illinois Bicyclists     Iowa Bicycle Coalition

International Mountain Bicycling Assoc     USA Cycling     American Bicycle Racing     Adventure Cycling Assoc     Bikes Belong  
 USA Triathlon     Rails-To-Trails Conservancy     Thunderhead Alliance     Double “P” Cycling Experience     Friends of Off Road Cycling  
 Cornbelt Running Club     Velo Sport Davenport     Other (please list here) \_\_\_\_\_

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping <input type="checkbox"/> Commuting <input type="checkbox"/> Cyclocross <input type="checkbox"/> Duathlons <input type="checkbox"/> Endurance <input type="checkbox"/> Mountain Biking <input type="checkbox"/> Racing/Training <input type="checkbox"/> Recumbent <input type="checkbox"/> Tandem <input type="checkbox"/> Touring <input type="checkbox"/> Triathlons	<input type="checkbox"/> Advocacy <input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Computer Work <input type="checkbox"/> Du-State-Du <input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Heartland Century <input type="checkbox"/> Membership <input type="checkbox"/> Newsletter <input type="checkbox"/> QC Criterium <input type="checkbox"/> QC Marathon
				<input type="checkbox"/> QC Triathlon <input type="checkbox"/> Packet Stuffing <input type="checkbox"/> Race Events <input type="checkbox"/> RAGBRAI <input type="checkbox"/> Ride Leader <input type="checkbox"/> Ride Schedule <input type="checkbox"/> Safety/Educate <input type="checkbox"/> Spring Picnic <input type="checkbox"/> Tailwind Rides <input type="checkbox"/> TOMRV <input type="checkbox"/> Volunteering

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

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

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

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

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

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

### Liability Release - Signature Required

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

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

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

Parent/Guardian for Child <18 \_\_\_\_\_ Date \_\_\_\_\_

Please make all checks payable to: **Quad Cities Bicycle Club**

Please mail completed form to: **QCBC, Attn: Membership, PO Box 3575, Davenport, IA 52808**

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

Revised 9/13/10 dlm

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

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Davenport, Iowa

RETURN SERVICE  
REQUESTED

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

Sept. 24—Miracles can Happen  
Oct. 1—Fall Tailwind Century (Page 5)  
Oct. 2—Adopt a highway (Page 4)  
Oct. 8-9— Fall Foliage Ride (Page 8)  
Oct. 15—Chili Ride (Page 2)



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