

# DRAFTLINES

Monthly  
Newsletter  
of the  
Des  
Moines  
Cycle  
Club

January-February 2003

[www.DMCycleClub.com](http://www.DMCycleClub.com)

## Time to sign up for

If you rode RAGBRAI in 1992, this year's route will seem familiar. Almost all of the overnight towns in 1992 are

on the 2003 ride, with the exception of Des Moines and Keokuk.

After several years of northern routes, this one goes south. In fact, it's the most southerly route ever, and the

first time riders will remain south of Des Moines.

The ride July 20-26 will take riders from Glenwood to Fort Madison, a distance of about 440 miles.

Overnight towns in between are Shenandoah, Bedford, Osceola, Oskaloosa, Bloomfield and Mt. Pleasant. At some points, riders will pass within a few miles of the Missouri border.

What about the hills? Of course, there will be hills. Organizers called it "a grab bag of topography," but did not indicate that it would be hillier than previous years.

Glenwood, for example, is in the Loess Hills in Mills County, so the start will have some bumps.

The overnight towns are definitely small. The combined population of all eight host communities this year is less than the entire population of Sioux City, where the ride began two years ago.

Again, 10,000-15,000 riders are



**July 20 - 26, 2003**

**440 miles**

**Overnight towns:**

**Glenwood, Shenandoah, Bedford,  
Osceola, Oskaloosa, Bloomfield,  
Mt. Pleasant, Fort Madison**

expected to hit the roads and invade the towns.

Those who want to join the Des Moines Cycle Club for the ride will need to look elsewhere in the newsletter for application forms and waivers. Once again, a tent service is available for a total cost of \$110. Cost for riding is \$110, and the charter bus service is also \$110.

Deadline for sending in the application is Feb. 21 in order to make RAGBRAI's March 1 cutoff for clubs.

### **RIDE ALONG WITH DMCC**

To join the Des Moines Cycle Club for RAGBRAI XXXI, read the information on page 4 and fill out the application forms and waivers on pages 5 and 6.

Mail to Rich or Joni Siebenlist, 8784 95th Ave., Indianola IA 50125  
Deadline is Feb. 21

## NOTICES

### Tailwind Century anyone?

For a number of years the Des Moines Cycle Club has had a Tailwind Century Ride in May. Riders have met at the starting point and rode in vehicles 100 miles into the wind. The riders then bicycle back to the starting point with a tailwind. Last year DMCC did not have a Tailwind Century, but the Lake Country Cyclists did have a tailwind century. Cindy Dubois, Ride Chair for Lake Country Cyclists, has expressed an interest in doing a Tailwind Century with DMCC.

Details have not been discussed, but probably a couple of 15 passenger vans would be rented and a trailer used to haul the bicycles. If DMCC is to do the tailwind with LCC a person from DMCC is needed to help Cindy plan the ride.

If anyone is interested in helping to plan the Tailwind Century please contact Paul Black at 255-6194 or pblackleo@msn.com or Lori Leporte at 287-5556 or greenbikespike@mchsi.com.

### Northwoods Bicycle Tour

The past couple of years I have received a brochure advertising the Northwoods Bicycle Tour in Wisconsin. The tour starts in north-central Wisconsin at Washburn and ends in central Wisconsin at Wautoma. The tour is 360 miles of riding in six days.

The tour travels through rural Wisconsin on scenic, bicycle-friendly roads. The tour has overnights at schools and outdoor camping is available; a motel list is available and riders choosing this option will have a shuttle available to the motels (costs and reservations are the riders own responsibility); there is an optional meal plan; there is a daily check-in rest stop to keep track of riders and to provide snacks and water.

Cost for the basic tour is \$200 before May 1, \$230 after May 1. For more information [www.bikenorthwoods.com](http://www.bikenorthwoods.com) or [www.twobicycles.com](http://www.twobicycles.com). To Register online: [www.actice.com](http://www.actice.com).

The tour is rated for those of moderate ability.

I have not done this tour, but this a good price for a week long tour and Wisconsin is an excellent bicycling state (I believe Greg Lemond said the best bicycling locations are France, Italy, and Wisconsin).

I have done various races and tours in Wisconsin and I have found it to be a scenic, challenging place to ride.

- Paul Black

## Upcoming ride

### Chill-i Ride

Hosted by: Central Iowa Cyclists

When: 1 p.m. March 9

Where: Newton

Distance: 20 miles

Start: Hy-Vee East, 1501 First Ave. East

Description: A ride to the Reasoner fire station and back. Half-way to Reasoner will be a rest stop. Chili is served back at the Hy-Vee Cardinal Room.

Cost: \$8

Contact: (641) 792-5334 or [huff\\_puff98@hotmail.com](mailto:huff_puff98@hotmail.com)

## NEW MEMBERS

Toni Briney, Des Moines  
David Lemos, Modesto, CA  
Doug Klahsen, Pella  
John Christiansen  
& family, Pawling, N.Y.  
John S. Clemmens  
& family, Seattle, WA  
Carl Rogers  
& family, Des Moines  
Orlando Ochoa, Urbandale  
Bob Haskins, Urbandale  
Patrick Dew, Urbandale

## DRAFTLINES

Draftlines is published monthly by the Des Moines Cycle Club. Cycling-related stories, photos, information and other contributions are welcome. Please submit them by the first of the month. Submissions may be sent to:

Jeanne Abbott  
1825 30th Street  
Des Moines, IA 50310  
[abbottj@dmreg.com](mailto:abbottj@dmreg.com)

DMCC INFORMATION  
Des Moines Cycle Club  
P.O. Box 13258  
Des Moines, IA 50310

e-mail: [dmcc@dmcycleclub.com](mailto:dmcc@dmcycleclub.com)  
Ride and event information available at DMCC hotline: 255-9000, ext. 5056  
Website: [www.dmcycleclub.com](http://www.dmcycleclub.com)

### 2002 Board Members

LORI LEPORTE, President  
287-5556 or  
[greenbikespike@mchsi.com](mailto:greenbikespike@mchsi.com)

MIKE RANSOM, Vice President  
961-8478 or  
[mykbyk@peoplepc.com](mailto:mykbyk@peoplepc.com)

ANDRE RETHMAN, Treasurer  
224-0287 or [reth3@mchsi.com](mailto:reth3@mchsi.com)

TOM PHILLIPS, Secretary  
277-7041 or [Tphil10007@aol.com](mailto:Tphil10007@aol.com)

JONI SIEBENLIST,  
RAGBRAI coordinator  
[dmclub@peoplepc.com](mailto:dmclub@peoplepc.com)

DUANE BAIN, Membership  
964-7322 or [bikerduane@att.net](mailto:bikerduane@att.net)

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277-8629 or [abbottj@dmreg.com](mailto:abbottj@dmreg.com)

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266-5351 or  
[john@coppercreekquilting.com](mailto:john@coppercreekquilting.com)

JOE TRAGESSER, Race Team  
255-7579 or [tragesser1@mchsi.com](mailto:tragesser1@mchsi.com)

# Six-Day Racing

## The 2002 Ghent Six-Day

By Roger Sitterly

Just over 103 years ago, the two-man team format of Six-Day bicycle racing was developed and inaugurated. Between December 4 and December 10, 1899, at least seven teams of two riders raced on an indoor velodrome for 144 consecutive hours.

Under the rules, one member of each team had to be on the track racing at all times. Was this development a European idea? Not at all. It was the promoter's response to New York City's 1899 Collins Law, which limited bicycle racers to no more than 12 hours of competition in any 24-hour period.

Prior to 1899, multi-day races on velodromes were marathons bordering on the inhumane; individual riders raced each other non-stop for 18 to 24 hours each day (at first on Penny Farthings, after 1893 on "safety" bicycles). Only the strongest survived. Concern for the welfare of both riders and spectators prompted the Collins Law.

With introduction of the two-man team format, both race speed and total distance covered increased. At that first "Madison" in 1899 (so-named because the format was introduced at Madison Square Garden), Americans Charlie Miller and Frank Waller covered more than 2,733 miles to win by two laps of the 1/10-mile track.

Although hard to believe today, prior to World War II the sport was more popular in the United States than in Europe. In the 1933/34 season, for instance, there were 16 Six-Day races in the U.S., and only 10 in Europe. Des Moines has been the scene of three Six-Day races over the years.

Today if you want to see a Six-Day race, you have to go to Europe. For some time this has been on my "to-do" list, so in November I went to Belgium and attended the Ghent Six-Day.

Watching a Six-Day race is incredible. Spectators are treated to nearly 34 hours of the most intense bike racing imaginable. Unlike any other kind of bike racing, on a track all the action is right in front of you all the time. Because the track

at Ghent is only 166 meters per lap, there isn't a bad seat in the house.

Today's events last only between five and six hours per night, so riders have enough time to get a decent amount of sleep and are relatively fresh each night. This means the racing is much faster and more intense, and thus more spectator oriented. Also, in order to provide variety, eight different events are contested, with teams earning points for their performance in each eve.

If teams finish the six days of competition with the same number of laps completed, points determine the order of finish.

A typical evening schedule during the Ghent Six-Day started with a team sprint, followed by a team miss-and-out, a one-lap flying-start time trial, a 40-minute Madison (referred to in Europe as an "Americaine" since the event was invented in America), a derny (motor-paced) race, an individual miss-and-out, another derny race, a three-lap flying-start time trial, another team miss-and-out with sprints, another 40-minute Madison, the "supersprint", another derny race, another individual miss-and-out, and another derny race. With the exception of 10-minute breaks following each Madison to allow the riders a quick drink, something to eat, and potty break time, racing was essentially continuous. As soon as one event finished, another started.

While each event is interesting in its own right, for me the most amazing was the Madison. Because the Ghent track is so short, it is common for teams to gain laps on the field with a well-timed attack.

Winning a Six-Day, or even placing well, requires an immense amount of stamina, exceptional speed, exquisite bike handling skill, and the ability to turn a race gear at cadences most of us consider unattainable.

Will I go back?

You bet I will. After all, it was at Ghent that I met Glenn Sutton from the Lake Tahoe area of Nevada. A life-long Six-Day fan, he watched Doug and William "Torchy" Peden win at Buffalo in 1937, and provided room and board to the Stetina brothers in the 1970s and 1980s. How else could I have met someone with so much personal knowledge about the history the sport?

# DOGHOUSE BIKES



403 E. EUCLID AVE. INDIANOLA, IA  
WWW.DOGHOUSEBIKES.COM  
515 961 5850

## **Des Moines Cycle Club RAGBRAI® XXXI Information**

The Ragbrai® coordinators, Rich or Joni Siebenlist must receive all applications for Ragbrai® tags by February 21, 2003. Please send to 8784 - 95th Avenue, Indianola, IA 50125. All waivers must be signed and returned with your Ragbrai® application. Faxed waivers cannot be accepted.

Des Moines Cycle club members who apply through the club must not apply for additional Ragbrai® tags through the Register's lottery or through another club or organization. The Register checks for duplicate names and these individuals are completely eliminated from receipt of credentials.

If you have an email address, please indicate it so we can confirm receiving your application. We will send all correspondence by email. Tags will be distributed upon check-in at Charter Bus on July 19, 2003. If you are not traveling on the Charter Bus, you may request your tags be sent via mail. After May 1, 2003, you will be able to check the web page [www.ragbrai.org](http://www.ragbrai.org) to obtain your tag number. You will need to enter your birth date and the last four digits of your social security number.

Tent service option: If you choose this option, you will have a tent provided and set up for you each day. Each 3-person tent should be large enough for two people and their luggage. Cost is \$110 for the entire week of Ragbrai®. Funds generated from the tent option will be used to support participating DMCC/DMOS/Mortgage Solutions Junior Race Team members. Thank you for your support.

There will be NO REFUNDS after you have received notification of acceptance. The coordinators will keep a "wanted" and a "for sale" list, but will not be involved with the sale or transfer of credentials.

DMCC will provide charter bus and luggage transportation to any individuals who acquire their own Ragbrai® credentials. A DMCC membership is not required to use the club's charter bus or luggage transportation; however, DMCC membership is required to purchase Ragbrai® credentials through the club.

Bike boxes will be used as dividers between bicycles on the trucks. Each person is allowed only one bicycle. Tandem riders may bring only their tandem.

Each rider is limited to two pieces of baggage (excluding your bicycle) with a maximum combined weight of 40 pounds. Each bag should not exceed 20 pounds. No suitcases, please. We strongly recommend some type of duffel bag. Additionally, no items should be attached/tied to the outside of your baggage.

Emergency sags: we have limited space available for individuals needing to sag for a day due to illness or injury. One of the truck drivers will be in charge of assigning seating in the event a rider needs to sag.

The Des Moines Cycle Club will not be responsible for lost, stolen, or damaged items. Please remember: You are responsible for ensuring that your baggage and cycling equipment are loaded on the proper vehicle during Ragbrai®.

On July 19, 2003, we will be loading the trucks and buses at the Clarion Hotel (formerly the Four Points Sheraton Hotel), located at 11040 Hickman Road (across from Living History Farms) in Des Moines. We have a block of rooms reserved for July 18 and July 26 until June 28, 2002. They have an airport shuttle. Indicate Des Moines Cycle Club for the rate of \$69 + tax when you make your reservation. Their phone number is 515-278-5575. For those participants that will be arriving via air transportation, we recommend arriving on July 18 and departing on July 27, 2003.

The Des Moines Cycle Club Board of Directors strongly recommends that all individuals participating in Ragbrai® XXXI wear approved bicycle helmets and follow the rules and laws that pertain to riding a bicycle on public roads. The Des Moines Cycle Club promotes safe cycling.

**Questions? Email us at [dmclub@peoplepc.com](mailto:dmclub@peoplepc.com)**

# INDIVIDUAL APPLICATION - PAGE 2\*

**RAGBRAI® XXXI**  
**JULY 20-26, 2003**  
**The Des Moines Register**

Please read Instructions, Page 1. Copy forms as needed. Please **PRINT** legibly.

## 1 PERSONAL DATA

|                              |                      |                                       |                       |
|------------------------------|----------------------|---------------------------------------|-----------------------|
| SOCIAL SECURITY # (OPTIONAL) | MR / MS              | FIRST NAME                            | LAST NAME             |
| <input type="text"/>         | <input type="text"/> | <input type="text"/>                  | <input type="text"/>  |
| STREET ADDRESS               |                      | APT/SUITE/UNIT                        | PO BOX                |
| <input type="text"/>         |                      | <input type="text"/>                  | <input type="text"/>  |
| CITY                         | STATE                | ZIP CODE # + 4                        | COUNTRY (IF NOT USA)  |
| <input type="text"/>         | <input type="text"/> | <input type="text"/>                  | <input type="text"/>  |
| DAYTIME PHONE                | HOME PHONE           | DRIVER'S LICENSE # (ONLY IF A DRIVER) | BIRTH DATE (REQUIRED) |
| <input type="text"/>         | <input type="text"/> | <input type="text"/>                  | <input type="text"/>  |
| OCCUPATION                   | E-MAIL               |                                       |                       |
| <input type="text"/>         | <input type="text"/> |                                       |                       |

## 2 INDICATE WEEK-LONG RIDE STATUS (Tell us what you will be doing on the ride. Mark only one.)

- Charter bus (\$110): fee includes transportation for you, your bicycle and your luggage to start and back from finish. (\$75 one-way)      out      back \$
- "Luggage Only" transportation (\$60): transport of 2 bags, (40lb. limit) to each town, not required if you are riding charter bus \$
- Tent Service (\$110): tent provided, set up at end of day's ride and packed after departure in morning. All proceeds to participating DMCC/DMOS Junior Race Team. \$
- WEEK-LONG RIDER (just riding) \$110 \$
- WEEK-LONG TANDEM OR RECUMBENT RIDER (just riding) \$110 \$
- WEEK-LONG NON-RIDER ONLY (drive or ride in a vehicle) \$35 \$

A Campground Edition of The Des Moines Register is inclusive with your registration and available in each of the host communities.

## 3 DAY-PASS RIDER limit of 3 (mark which days) Number of days      X \$25 per day \$

## DAY-PASS NON-RIDER limit of 3 (mark which days) Number of days      X \$15 per day \$

|   |                          |                          |                          |                          |                          |                          |                          |                        |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------------|
| CHECK BELOW ONLY IF YOU ARE THE (DAY PASS) TEAM CONTACT <u>    </u> | SUN                      | MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      | R=RIDER<br>N=NON-RIDER |
|   | 7/20                     | 7/21                     | 7/22                     | 7/23                     | 7/24                     | 7/25                     | 7/26                     |                        |
|   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |                        |

## 4 PREMIUM AND BASIC SOUVENIR PACK Add \$20 for delivery outside continental U.S. (Alaska, Hawaii, Canada, Mexico.)

- Premium Souvenir Pack includes a RAGBRAI XXXI poster and T-shirt in XL only. \$34.50 \$
- Basic Souvenir Pack includes a RAGBRAI XXXI T-shirt in XL only. \$19.50 \$

## 5 RAGBRAI XXXI JERSEY Sizes are chest measurements. Please indicate jersey size below. \$42 \$

|                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| SM (35-37)               | M (38-40)                | L (40-42)                | XL (42-44)               | XXL (44-46)              | XXXL (46-48)             |

## 6 TOTAL AMOUNT ENCLOSED

|                |
|----------------|
| \$ <u>    </u> |
|----------------|

I understand and agree to release the Des Moines Cycle Club, it's officers, members, and representatives from any and all liability or loss, theft or breakage of bicycles, luggage, or equipment in traveling to, from, or during RAGBRAI® XXXI. I further understand and agree to release the Des Moines Cycle Club, it's officers, members, and representatives from any and all liability for any accident or injuries which may occur to any individual while traveling to, from and during RAGBRAI® XXXI.

Adult Applicant \_\_\_\_\_ Date \_\_\_\_\_

Guardian \_\_\_\_\_ Date \_\_\_\_\_

**AGREEMENT, WAIVER &  
RELEASE OF LIABILITY**

**RAGBRAI® XXXI  
JULY 20-26, 2003  
The Des Moines Register**

**EVERY APPLICANT 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 that RAGBRAI is a potentially hazardous activity and I attend it 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 the road, camping, and participating in events along the route. All risks are known and appreciated by me. I waive any and all specific notice of the existence of the risks. I shall assume and pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses.

I realize that RAGBRAI requires physical conditioning and I represent that I am in sound medical condition capable of participating in the ride without risk to myself or others. I have no medical impediment, which would endanger others or myself. I understand and agree that a situation may arise during RAGBRAI which may be beyond the control of the sponsors, promoters or organizers. I will be solely responsible for the condition and adequacy of my bicycle, safety gear and riding equipment. I will ride safely within the limits of my own abilities, my equipment and the riding conditions and in a manner so as not to endanger either myself or others.

Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in RAGBRAI and its related events, I for myself 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; 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 liability shall include without limitation, any injury, damage or loss to my person or property which may be (a) caused by any act, or failure to act, by the above-identified persons and entities or (b) sustained by me before, during or after RAGBRAI and its related events. I agree to 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 further agree to indemnify and hold the parties released above harmless from any and all losses, damages, claims and expenses, including attorneys' fees, arising from or relating in any respect to my participation in RAGBRAI 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 and we both agree to be bound by the terms of this agreement, waiver and release.

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 Jim Green at The Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa 50303-0622 no later than March 10, 2003. 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 a Jim Green en el Des Moines Register, 715 Locust Street, PO Box 622, Des Moines, Iowa, 50303-0622 antes de 10 del Marzo, 2003. El Register tomara las medidas razonablemente disponibles para acomodar su solicitud.

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I (the previously-named applicant on page 2 of the Individual Application) HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, AND AGREE TO AND ACCEPT ITS TERMS.

PRINTED NAME (FAXED OR PHOTOCOPIED SIGNATURE WILL NOT BE ACCEPTED)

DATE SIGNED

Signature of Participant

Signature of parent (if participant is under 18)

# DES MOINES CYCLE CLUB MEMBERSHIP APPLICATION

1. Memberships run from January through the following January and include a monthly issue of Draftlines, the club newsletter. (New applications received after October 1 run for one full year after the coming January.)
2. Annual membership fees are: Family: \$20 and Individual: \$15
3. Mail appropriate amount and the completed application to: Membership, Des Moines Cycle Club, P.O. Box 13258, Des Moines, IA 50310-0258

Check one:  Family  Individual      Check one:  New membership  Renewal

family member name(s) - please print \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

address \_\_\_\_\_  
 city \_\_\_\_\_  
 state \_\_\_\_\_ zip \_\_\_\_\_  
 phone \_\_\_\_\_ email \_\_\_\_\_

**RIDING INTERESTS: CHECK ALL THAT APPLY**

- Touring  Racing  Trail  Mountain  Recumbent  Tandem  RAGBRAI  Commuting  Volunteering

**THE FOLLOWING WAIVER MUST BE COMPLETED AND SIGNED FOR ALL FAMILY MEMBERS**

**LEAGUE OF AMERICAN WHEELMAN ("LAW") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT**

IN CONSIDERATION of being permitted to participate in any way in the Des Moines Cycle Club ("Club") sponsored Bicycling Activities ("Activities") I, for myself, my personal representatives, assigns, heirs and next of kin:

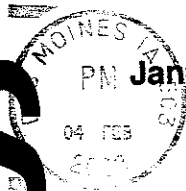
1. ACKNOWLEDGE, agree and represent that I understand the nature of bicycling activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
2. FULLY understand that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMES BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMICAL LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NO TO SUE the Club, the LAW, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may occur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT(S): \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_  
 PARTICIPANT'S SIGNATURE(S): \_\_\_\_\_  
 PARENT/GUARDIAN SIGNATURE (only if participant is under age 18): \_\_\_\_\_

# DRAFTLINES

Monthly Newsletter of the Des Moines Cycle Club  
P.O. Box 13258, Des Moines, Iowa 50310-0258



2004/01/

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*Printing for Business*

# IMPACT!

312 6th Avenue  
Des Moines, IA 50309

**244-5668**