

DRAFTLINES

Monthly
Newsletter
of the
Des
Moines
Cycle
Club

July 2002

www.DMCycleClub.com

Outback XIV was a big success

By Mike Ransom

A group of 35 eager Des Moines riders left Southeast Polk High School on Saturday, June 1, for the best ride in Iowa!! They were joined by 19 hardy souls from the Pella Cycle Club who bussed in for the event.

It was HOT HOT HOT as the temperature rose to 95. The sun bore down upon them, but the riding was great and the road was fast.

Fueled by Gatorade, H2O and lots of snacks, the cyclists made their way to Pella. The route started at the high school in Pleasant Hill, wound through residential streets before hitting the backroads to Vandalia and Monroe with a little stretch on Highway 14 before skirting Lake Red Rock.

Just as the riders hit the Volksveg Trail, there was a rest stop staffed by the Pella club with cookies, brownies and lemonade.

Spirits were high and everyone had fun. Some of the riders even looped up to Sully and back to Pella. A few headed to Knoxville and back.



After showers and an awesome meal at the Central College townhouses, riders were rewarded with over \$600 worth of prizes!!

Early morning rain cooled the temps to the 60s and after a Sunday morning breakfast buffet, riders made their way back home under clouds and cool temps. The sag team was ready at a shady spot with snacks and other refreshments.

Thanks to Joni at Doghouse Bikes for the prizes. With the generous discount given by the Doghouse we are able to make Outback a smashing success.

If you have never ridden this ride you are

missing a great time.

I want to thank all those riders who make it possible to do Outback, also all the people who give their time to run support.

Andre Rethman again drove sag on Saturday, and young Adam Boone was with me all weekend, helping sag and whatever else I needed.

Mark your calendar for the first weekend in June and join us next year.



PRESIDENT'S MESSAGE

Hi, Kids!

Well, I'm finally over mono (affectionately known as "The Plague"), and back in the captain's seat. I'd like to thank Vice-President Mike Ransom for the AWESOME job he did keeping things running whilst I convalesced.

I sure missed attending the Mayor's Ride and Pedalpalooza (and thanks again to Mike and the gang for filling in for me!), but, now that I'm plague-free, pretty much all I've done is ride! So I don't have much to say other than to encourage all of you to get out and ride too. Also, try to join in on all the group rides that you can.

They're A LOT of fun, and it's a great way to make new friends. The newsletter has a good compilation of area rides. Another great source for those in cyberspace is www.bikeiowa.com (formerly CIBROC).

Finally, I'd like to invite all of you to join Your Board for the Club's annual RAGBRAI clean-up on Monday, July 8 at the Sienbenlist place near Indianola. Call a board member (at right) for directions.

Rich, Joni, Mike and the rest of our RAGBRAI support crew do an OUTSTANDING job every year of keeping all of us fed, showered, and camped. This is a good way to say "Thanks!" As the saying goes, "Many hands make light work", so please come and help out. And plan on getting wet.

Happy pedaling
Lori LePorte

SPECIAL EVENTS THIS MONTH

Forty on the Fourth
Thursday, July 4
9 a.m.
Des Moines City Hall

The club's annual Forty on the Fourth will be moved to a new start location this year. It will begin at 9 a.m. at the Des Moines City Hall, East First and Locust. The route will go easterly by the State Fair Grounds and then on the bicycle path to Altoona and by Bosselmans Truck Stop for the traditional brunch stop. An additional loop will be available for those wishing a longer route or rides may return to City Hall from Altoona. Forty on the Fourth will be a co-ride with the Lake Country Cyclists. A map will be provided on the day of the ride. There is no cost for this ride.

Team ROMP "Bent-ury"
Saturday, July 13
9 a.m.
Botanical Center

Bring your 'bents or any other bike

you like, and join Team ROMP (Recumbents Out Mega-Pedaling) for their third annual "Bent-ury". We'll take the Saylorville Trail to Big Creek and back, with a lunch stop in Polk City, then make our way over to the Great Western Trail for the trip to Martensdale and back, for a grand total of 100 miles(ish). Supper somewhere will follow the ride. If you can't make the whole thing, come for as much or as little as you like. Make this your last big training ride before RAGBRAI! For more info, contact Lori at 287-5556 or greenbikespike@dmccycleclub.com

NEW MEMBERS

Marcella Garza, Des Moines
Dan Soine & family,
Iron Belt, WI
Rich Citarella, Urbandale
Dan Swanson, Johnston
Bob Jeffrey & family,
Grinnell
William Moulder & family,
Des Moines
Larry McFarland
Des Moines

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:

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abbottj@dmreg.com

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Des Moines, IA 50310

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Website: www.dmccycleclub.com

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UPCOMING RIDES AROUND IOWA

O.D.B.R.A.T. - One Day Bike Ride Around Towns

When: 10 a.m. June 29

Where: Downtown Ryan Pub

Distance: 45 miles

Expected riders: up to 500

Terrain: Rolling hills

Description: The route goes from Ryan to Troy Mills to Quasqueton and back to Ryan. City of Ryan will have a band and street dance as well. Last year fireworks were included, too

Cost: Free

Contact: Carl Drees: (563) 932-2021

THE MS 150: RETURN TO THE RIDE

When: June 29-30

Where: Southeast Polk High School

Distance: 150 miles

Expected riders: Up to 500

Terrain: Rolling hills

Description: After a three-year hiatus, the MS 150, a two-day, 150 mile ride to raise money for the Iowa chapter of the National Multiple Sclerosis Society, is returning to Iowa. Day 1: Start at S.E. Polk High School, lunch at Lake Red Rock, overnight in Grinnell. Day 2: Grinnell, lunch in Mingo, end at S.E.

Polk High School.

Cost: Each rider must raise a minimum of \$150.

Contact: National Multiple Sclerosis Society, (800) 798-6677 or (515) 270-6337; e-mail:

jamie.thompson@iac.nmss.org, fax:

(515) 270-0037, or via the web at

www.ianmss.org/ms150.htm

SECOND ANNUAL ROCK RIDE

When: 8 a.m. July 13

Where: Riverfront YMCA, Des Moines

Distance: 25 and 65 miles

Expected riders: 100-500

Terrain: Rolling hills

Contact: Jerry Futer, (515) 471-8511

CYCLE FOR SIGHT

(Ankeny Lions Club ride)

When: 8 a.m.-3 p.m. July 14

Where: Ankeny High School

Distance: 20, 60, 85 miles

Expected riders: 100-500

Terrain: Rolling moderate hills

Description: Most of the ride is in the Des Moines River and Skunk River valleys. It starts in Ankeny, heads for Bondurant, Maxwell, Farrar,

Cambridge, Elkhart and goes back to Ankeny. Free fruit and assorted types of drinks provided. Lunch is available on the longer rides.

Cost: \$10 for single, \$20 for family

Contact: Paul Boughton,

pboughton@qwest.net

BIKE RIDE AROUND NORTHEAST IOWA

When: 8 a.m. July 13-14

Where: Starts at Waucoma Campground

Distance: 60 miles on Saturday, 60 on Sunday

Expected riders: Up to 500

Terrain: Rolling hills

Description: Saturday route: Waucoma, St. Lucas, Eldorado, Clermont, Elgin, West Union, to Waucoma. Sunday route: Waucoma, St. Lucas, Fort Atkinson, Calmar, Decorah, Ridgeway, Spillville, Fort Atkinson, St. Lucas. Includes sag service, water stops, T-shirt, patch.

Cost: \$30 plus \$5 for tent camping; \$8 additional with an RV.

Contact: (563) 382-3990 (Winneshiek tourism) or ward@decorrahbicycles.com

CLASSIFIED ADS

Classified ads are free to DMCC members and \$10 for non-members with a 50-word maximum. Ads will run for three issues and will be deleted unless Draftlines is notified to continue the ad. To place an ad, e-mail: abbotj@dmreg.com.

COACHING

Coaching services for recreational and competitive cyclists from Iowa's only licensed expert coach. Contact Randy Catron at (515) 270-0855 or CoachRandy@IowaCyclingAcademy.Com.

FOR SALE

Yakama rack with stretch kit. Bike hardware not included. \$100.00. Call Rick @ 278-0541.

DMCC weekly rides

9 a.m. Saturday

Gather at the Botanical Center for a ride along the trails. Recumbents are particularly encouraged to join up.

Mountain bike ride

Andre Rethman is leading a weekly Wednesday mountain bike ride. Meet at the Target parking lot on Euclid. For time and other details, call 210-6491 ahead.

West Side

Meet at Wal-Mart on the west side of the parking lot near B-Bops at 6:00 p.m. Tuesday & Thursday for a moderate/fast paced ride on streets and roads. Ride leader is Russell Seaton; 515-577-9550 or russelseaton@yahoo.com.

East Side

Meet by the Burger King at E. 26th & Euclid at 6:00 p.m. Tuesday & Thursday for

moderate paced 20-30 mile ride on streets and roads. Rider's Choice (No designated ride leader).

North: Meet at the Target parking lot on Euclid on the west side of the Des Moines River Monday & Wednesday at 5:00 p.m. for moderate paced ride (16 mph) of about 20 miles ride on paved path. Ride leader is Dean Baker at 229-8260 or Nationalcws@aol.com.

Ride Leaders Needed!!

Do you have a favorite route/time that you like to ride? If so, consider listing it in the newsletter and inviting other people along. This can be a one time only ride or a regularly scheduled ride. At one time a Sunday afternoon ride was popular with DMCC members; is anyone interested in this? If a few members lead just one ride DMACC can have a full ride schedule!!!

Contact Paul Black, pblackleo@msn.com or 255-6194, for information.

RAGBRAI XXX July 21 - 27 Sioux Center to Bellevue

RAGBRAI route review

by John Cisar
(john@dmcycleclub.com)

Having nothing better to do, my friend Rob Tull and I decided to ride the entire RAGBRAI XXX route in 5 days. Crazy? Sure, but this is the way to do RAGBRAI. No lines, no traffic, no waiting, plenty of food, and lots of open road. We ended up with just over 500 miles in 5 days. Our ride started on Tuesday 6/12, and ended on Sunday 6/16.

Because we were doing this in 5 days, we had to make some minor adjustments. The first change was a decision to go totally self-contained. We each packed a tent, sleeping bag, air mattress, bike/street clothes, toiletries, and the usual pump, spare tubes, and various tools. We did not bring any food, since we planned to eat along the way. This arrangement worked quite well, and we each ended up with about 40-50 pounds of extra weight. (The majority of the weight was clothing!) As it turns out, you really don't notice the extra weight once you get moving. Given the extra weight and number of miles involved, our goal was to maintain an even 13mph average each day, which seemed quite reasonable. We actually ended up with a 14+ to 15+ mph average each day, so we were quite pleased with that.

The next change was to the overnight towns. We combined RAGBRAI days 1 and 2 into our first day, then combined RAGBRAI days 3 and 4 into our second day. The last 3 days of our ride were the last 3 days of RAGBRAI. We also researched camping facilities via the Internet, and found excellent campgrounds in each overnight town.

Interestingly, RAGBRAI will *not* be staying at these places when we roll through in July. (Various reasons were given, from "There's not enough room", to "We don't want it destroyed" - which is probably the real reason!)

We lucked into some fantastic weather for our ride, and had tailwinds each day except for the first. Temperatures were in the 70's to low 80's each day, with little humidity and no rain.

Upon arrival in Sioux Center, note that if you want a real back tire dip at the border, you're looking at a 30 mile round trip ride. Also, there is an excellent Chinese restaurant downtown, if you're so inclined. Look for the waitress with the fuzzy

dreadlock hair - tell her John and Rob sent you!

Now onto the route.

Day 1 is, by far, the best day of the ride route-wise! It's a short day (the shortest day of RAGBRAI) at 55 miles, and is relatively flat. There are a few hills, but no grinders. On my C-Scale (a little formula I've developed that rates a ride based on climb per mile), Day 1 comes in at a 23. (Anything below 20 is about as good as you can get; 20 to 30 is about average for Iowa; Anything over 30 is a grind.) The towns are spaced apart nicely, although the last leg is long at 18 miles. (This will be an hour+ ride for most people.) If you're looking for a breakfast spot that's not the usual Chris Cakes, try the Jubilee on your way *out* of Alton - they have a decent (and cheap) deli that serves breakfast. Bananas are cheap, too. When you get into Cherokee, pick up your "Got Bike?" t-shirt at their official bike shop, Letsche's. You can pre-order the shirts at <http://www.telemarketinfo.com/ragbrai.html>.

Day 2 is 76 miles, and rates a 22 on the C-Scale. There is quite a bit of gravel as well. Rob and I avoided the gravel by taking alternate county roads, but it cost us in hills. If anyone is interested in the bypass, please email or look me up in camp, and I can give you the alternate route (it'll also save you about 6 miles). It's a 29-mile run to the first town when leaving Cherokee, so my suggestion is to eat breakfast before leaving, then take a break about halfway. There is a Hy-Vee deli about a half-mile off the route, which should work quite well for breakfast. Just take 2nd Street north (which is actually Highway 52). There will probably be two legs requiring an hour each on the rest of the route. Upon arrival in Emmetsburg, you can get the ***BEST*** tenderloins in Iowa directly across from the main campgrounds at Dublin's Food & Spirits. We met the owner and his wife, and they're planning a beer/wine garden, live bands, and 24 hour grilling. It'll be busy, but well worth it!

Day 3 is 68 miles, and rates a 16 on the old C-Scale. This, and the next two days, will mark some of the flattest land you'll ever get on RAGBRAI.

(This section of Iowa is where I did my two 5-hour Centuries.)

RAGBRAI continues on page 5

DOGHOUSE BIKES

403 E. Euclid Ave. Indianola, IA 515-961-5859



403 E. EUCLID AVE. INDIANOLA, IA
WWW.DOGHOUSEBIKES.COM
515 961 5859

RAGBRAI XXX July 21 - 27 Sioux Center to Bellevue

RAGBRAI

continued

Once again, when leaving in the morning, I would recommend eating breakfast in Emmetsburg. It's a 24-mile leg until the first town. There is a Family Table Restaurant just off the main route when exiting Emmetsburg. (It's on Main Street.) If there's any kind of west wind this day, you will fly through the route. There is one 16-mile leg that will be an hour ride.

Crystal Lake will be a nice stop, if you can avoid Jason. (We did.) It is quite scenic, and would have made an excellent overnight. We ate at Diamonds in Forest City. A nice spot, on Highway 69 (the route into town).

Day 4 is 72 miles, and has a C-Scale of 14! Once again, if there's any kind of West wind, it'll be a scream. Also, once again, I suggest eating breakfast before leaving, since we have a 35-mile leg until the first town.

Is anyone seeing a pattern here? We will have some gravel on this day (again). Road R70 (at the very beginning of the ride) has fresh blacktop on it, but turns into gravel halfway through to B20. Rob and I plotted an alternate route around the estimated 4-5 miles of gravel, which didn't really cost us anything. Again, email or look me up if you're interested in the bypass. This day will also see an 18-mile leg to the finish, so plan on another hour+ ride. The overnight will be at Charles City, which sports a, well, sports bar, called Retlaws (Walter spelled backwards). Although a sports bar, it has excellent food. Retlaws is on Clark street, the main thoroughfare in town.

Day 5 is 77 miles, and rates a 16 on the C-Scale. For a change, we can ride to the first town and get breakfast (only 15 miles). You can also grab a quick breakfast in Charles City, if you prefer, at the Hy-Vee on Clark street. Regardless, I would still recommend a break in Nashua (the first town), since it's a 30-mile leg to the next town (Tripoli - pronounced Trip-o-la). Tripoli is a very small town, and after talking with the locals, we're quite leery about their preparedness. As a side note, we noticed this trend amongst all the towns at the end of these long legs: Very small, and seemingly carefree about what's going to hit them during RAGBRAI.

I suspect some of these towns will run out of food and/or water. Don't laugh, it's happened before! For proof, you can ask my riding partner (your very own DMCC president), Lori Leporte - who convinced me to ride at a "fun" pace (read: a hair above walking) two years ago on RAGBRAI XXVIII. We came into *two* smaller towns during the day's ride. One town had run out of food, the other had run out of water (not just the bottled stuff either)!

We tried to impress upon the locals that a vast majority of the riders will be stopping in their towns, due to the long legs involved, but I don't know if the information really took hold. This day will also see a 21-mile leg, so be prepared for well over an hours ride. Our overnight town of Oelwein is quite nice. About a mile south of town on Main Street is Luigi's. A fantastic restaurant serving a huge buffet, including broasted chicken.

Day 6 is 76 miles, and rates a 23 on the C-Scale. The first half to two-thirds of the day is fairly flat, but the remainder will see a number of decent hills, so consider yourself warned. If you want to grab breakfast before leaving Oelwein, there is a

great cafe about a quarter mile further south of Luigi's that opens at 6 am. This day will see 14, 15, and 17-mile legs, so we're looking at several hour-long rides. The last leg (17 miles) is the most hilliest of the day, but is quite scenic. We will be riding on Buffalo Ridge Road, and it essentially follows a ridgeline for many miles. Despite the RAGBRAI web site, we will **NOT** be going into Stone City, which is quite a relief. (There's a two-mile grade coming out of Stone City that is just a grinder. Plus, you get the added benefit of losing all your downhill speed coming into Stone City since the road "T"s at the bottom!)

Day 7 is 62 miles, and rates a whopping 45 on the C-Scale! Yes, you read that right, a 45!!! Despite the short miles, this will be a killer day. It ranks right up there with the worst days of last year's RAGBRAI. (In case you were wondering, the *best* day on last years RAGBRAI came in at a 36 on the C-Scale!) The downhills are so steep on this leg that I frequently coasted to 40+mph. (I hit 48mph on three separate hills alone!)

Unfortunately, there was an usually an equally steep UP hill to go along with these downhills. In addition, there is a 13-mile leg followed by an 18-mile leg on this day's route. The 13-mile leg ends on a huge downhill into Canton, followed immediately by a huge uphill. So if you plan to stop, you'll lose all your speed and will have to grind it out when leaving. (This was one of the hills I got up to 48mph.) If you skip Canton (which we did), you'll be looking at a 31-mile stretch between stops. Plan accordingly. There is a *long* 2 mile upgrade (with three grade changes) coming into Springbrook (the last town before Bellevue). Shortly after leaving Springbrook there is a 1 mile upgrade, but once you clear it, you've got about 4-5 miles of downhill into Bellevue. There is one last hill into Bellevue once you turn onto Highway 52, but you may want to stop and dip at the "T" intersection of Z15 and Highway 52. There's a nice park and boat access point there (along with bathrooms). It's quite nice. I know DMCC usually likes to have us in as early as possible on these last days, but I would plan on 7 hours of clock time to ride this particular route.

Hopefully, we won't need to be in until 2 or 3.

A few other notes:

* The corn is barely in. The *best* corn we saw was about 2 feet high, with the majority only about 1 foot. I could be wrong, but I don't see it being 6 feet high in another 30-odd days. Bring TP.

* It seems as though many of the smaller pass-through towns have no clue what's going to hit them. A common response we got from locals was "Yeah, I think we're having a meeting about that RAGBRAI thing next week..." A little scary, to be sure.

* Don't ask the locals for directions. You would think that locals in a small town would know the various *official* road names inside and out. Ha! Usually, they would refer to a road as the "So-and-So" Blacktop. Our success rate with getting directions was about 1 in 8. In downtown Cherokee alone, we asked 3 people for help to City Hall, not *one* of them got it right! And we were only 2 blocks away!!! So that's it. If you have any questions, or would like further information on anything I touched on, please email or look me up in camp.

Have fun and enjoy the ride!

By Lori LePorte

No, it's not a character from Star Wars: Attack of the Clones. It's the 2nd Annual Raccoon River Ride to Jefferson that took place June 8-9. Fellow DMCC member Jerry Heck and I joined about 25 other riders for the 102-mile round trip overnighter from Waukee to Jefferson and back.

Jerry and I left the Waukee trailhead on our Vision recumbents at 9:47 a.m. on a typical hot, windy Iowa Saturday. It was the first self-contained ride for both of us. Jerry's panniers weighed in at 11-plus pounds. Mine had to be at least 20 pounds each (girls need more stuff!), plus my usual load in my seat bag, which included a Platypus full of water, and my tent, sleeping bag, camping mat, fan, and sandals on my rack.

So I was probably lugging around a grand total of somewhere between 60 and 6000 pounds, which isn't much more than I usually haul around anyway.

Exactly one mile into the ride, I lost part of my tent. After retrieving it and rearranging my load, I began to notice that my fairing (aka my "bubble") appeared to be drooping a bit. Try as I could to chalk it up to my being delusional after having only gotten maybe four hours of sleep the night before, it became increasingly evident the nearer we got to Panorama that something was definitely not right. Before long, I was hanging on to the top of it with one hand so my feet wouldn't keep smacking it, and then finally it broke completely.

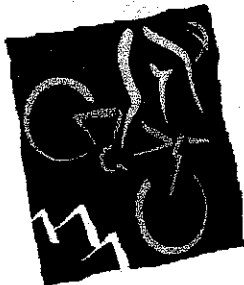
Fortunately, however, I just so happened to have two bungee cords amidst all my provisions, and Jerry and I managed to "MacGyver" it together enough that I could pedal instead of walk the rest of the way to Panorama.

After one more brief mishap, namely my losing the batteries out of my misting fan, we finally made it to Jefferson about 5 p.m. where the annual Bell Tower Festival was in full ring, err, swing.

We had noticed a helicopter buzzing the town, and wondered what the scoop was. It turned out that they were offering rides for a very nominal fee: \$25-for three minutes. But it was worth every penny. Yes, yours truly took a spin in the 1957 Bell 47, the same kind used in the Korean War and seen on "M*A*S*H". It was SO COOL!!!

We went back to the square where we enjoyed some a cappella music and made our plans for the next day. Jerry escorted me to a very nice little park that served as the biker campground and then retired to his motel for the night ("This old man doesn't sleep on the ground anymore"). Party animal that he is, he was zonked by 9 p.m.

I set up camp, had a warm shower, and then went back to town for supper and a ride to the top of the bell tower. The sunset view was lovely, and the cellphone reception phe-



RIDE REPORT

2nd Annual Raccoon River Ride



nomenal. I talked bikes with some locals, then made my way over to the street dance for a couple hours before calling it a night.

The next morning we enjoyed the traditional bikers' breakfast of pancakes and sausage (actually, they were little smokies) served by the local Lions Club. Blessed by cloud cover, we left about 8:40a.m. The headwind, however, was absolutely brutal.

I was extremely glad that I had my bubb - Oh wait, never mind. But we muddled through until we left the unshaded, unsheltered section of the trail where I lost my tent again - twice. Coming into Redfield, the windbreak and slight crosswind were a welcome relief. We made our triumphant return to Waukee about 4 p.m. where we gave ourselves some well-deserved pats on the back.

Of all our foibles - Did I mention that my bubble broke? - the most disappointing part of the ride is that there weren't more people on it. It's an easy, relaxing trip, well-suited to going self-contained, especially for us newbies.

The festival was a lot of fun, the camping facilities were quiet and comfortable, and the people were friendly. Here's to next year.

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): _____

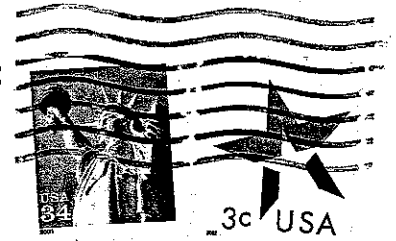
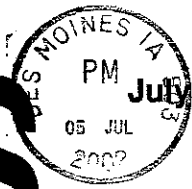
ADDRESS: _____ DATE: _____

PARTICIPANT'S SIGNATURE(S): _____

PARENT/GUARDIAN SIGNATURE (only if participant is under age 18): _____

DRAFTLINES

Monthly Newsletter of the Des Moines Cycle Club
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Mark Garner & Family

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