

# DRAFTLINES

Monthly  
Newsletter  
of the  
Des  
Moines  
Cycle  
Club

May 2002

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

## How to ride your first century

*By Randy Catron*

One thing that many advanced recreational riders have in common is that most have probably ridden 100 miles in one day.

In other words, they've already completed a CENTURY RIDE. It is kind of a rite of passage for bike riders.

The process of riding 100 miles can be wonderful, or it can be painful. And sometimes what starts as a wonderful ride becomes painful because of factors outside the rider's control, like a sudden unexpected change in the weather.

But for the most part, many of the aspects of a century ride (and to some extent even the weather) are within the rider's control. Planning and preparation for the first century ride will be the key to success or failure.

So, let's consider some of the key aspects of the century ride and how you should prepare.

**Training:** The most important aspects of training for a century are learning how fast to ride, knowing when your body needs extra energy, and developing confidence that you can ride 100 miles.

Pacing for a century is critical. If you start off too fast,

chances are very good you will slow down before the end of the ride. You may even "bonk" (run short of energy).

You want to start off at a pace you can maintain for 100 miles. It may be even better on your first century to start one or two miles per hour slower than what you normally ride. This will conserve energy and boost your confidence that you can do this for 100 miles. If you're feeling strong as you near 100 miles, you can always pick up your pace.

When you train for a century, you should consider doing several rides of 60 to 75 miles. These longer rides will enable you to learn about your body's energy needs, your ideal pacing, and when you need to take a break.

You will begin to understand how far and fast you can ride before you need a break, and can then apply that knowledge to the slightly longer century ride. After the training, you can say to yourself, "I've ridden 60, 65 and 70 miles this year. Another 30 is just another 2 or 3 hours on the bike, and I can do that!"

**The route:** Ideally the route for the first century will be on roads you are familiar with. The ride could be done on bike

*CENTURY continues on page 6*

### Try these centuries

#### **TAILWIND CENTURY**

**Club:** Lake Country Cyclists, Ankeny

**Date:** June 22

**Details:** The club has hired a van to take a maximum of 15 cyclists to the start, which will depend on the tailwind that day. Cyclists will ride back ahead of the wind. Call Kirk Reeder for information: 965-8852.

#### **SUMMER CENTURY**

**Club:** Bicyclists of Iowa City

**Date:** June 22

**Details:** The ride starts at 7 a.m. at College Green Park, Iowa City. Riders head to Wappello. Five stages are available: 20, 33, 54, 74 and 103 miles. Call Steve Poggenpohl at (319) 545 2095.

#### **PELLA CENTURY**

**Club:** Lake Country Cyclists, Ankeny

**Date:** Aug. 31

**Details:** Ride from Ankeny to Pella and back. Call Kirk Reeder for information: 965-8852.

#### **SWINE TREK 2002**

**Club:** Hawkeye Bicycle Association, Cedar Rapids

**Date:** Sept. 1

**Details:** Start at 7 a.m. at Ellis Park, Cedar Rapids. Cyclists may choose 25, 50 or 100-mile routes. Cost is \$20 before Aug. 24 and includes morning bagels and coffee, supported rest stops every 25 miles, spaghetti dinner and famous Swine Trek T-shirt. Contact Gerald Falta, (319) 395-7212, or [geraldfalta@msn.com](mailto:geraldfalta@msn.com).

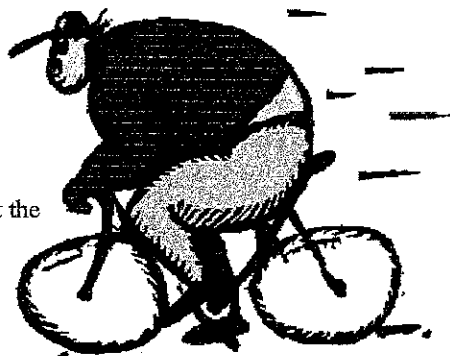
# Weekly rides are starting up

## 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. More weekly club rides are planned when the weather warms up a bit.



**West Side:** Meet at Wal-Mart on the west side of the parking lot near B-Bops at 6:00 pm Tu & Th starting April 2 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 pm Tu & Th starting April 2 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 Mon & Wed at 5:00 pm 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.

## Time to renew membership

It's time to make sure your membership is renewed for the coming year.

Historically, DMCC dues have run from May to May. This year, the DMCC board has decided to follow the calendar year instead.

The reason is simple: To cover RAG-BRAI costs, we have been required to dip into a savings account. If dues are received in January, that won't be necessary.

Membership cost is now \$15 through December. Thereafter, renewing membership will need to be done in January.

The mailing label shows the date that membership expires, either 2002/05 or 2003/05.

If your label shows 2002/05, (it will be highlighted), you need to renew now.

Your membership will expire May 1, and you won't want to miss any of the biking news and activities this summer. The membership cost is \$15 for individuals and \$20 for a family.

*Duane Bain — Membership chair*

## TRADE SECRETS

The DMCC newsletter is launching a new feature called Trade Secrets where members/riders can share tips. Each month will spotlight a different topic.

This month we're looking for ideas about fuel (food) for the road. Bananas? Trail mix? Candy bars? Luna bars? What keeps you going? Why?

We're hoping for enough response to run the results in the newsletter the following month. So please run to the computer and just slam out a brief message. It will help us out a lot. Include your name and hometown.

Email: [abbottj@news.dmreg.com](mailto:abbottj@news.dmreg.com)

## NEW MEMBERS

**Victoria Gillotti**, Altoona  
**Marcia Pitcock**, West Des Moines  
**Dean Gorrell and family**  
 Urbandale  
**Mark Garner and family**  
 West 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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 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  
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 255-7579 or [trageesser1@mchsi.com](mailto:trageesser1@mchsi.com)

# Mayor's Annual Ride

By John Cisar

Question: What's the difference between MAR and BRR?

Answer: Aside from the letters, not much.

Let's compare:

BRR: Cloudy, mild wind, high of 42 degrees, large crowd, no snow, mostly flat route.

MAR: Cloudy, mild wind, high of 50 degrees, large crowd, no snow, mostly flat route.

Unfortunately, that's where the similarities end. Other than the route, I found this year's edition of MAR to be surprisingly lacking in positives - seriously.

It all started a week or so before MAR, when several DMCC volunteers (among other group volunteers) showed up to help stuff envelopes, only to find the date had been rescheduled without notification.

And what's with the shirts? Although I like the MAR logo, I would really like to see it printed on something other than a WHITE or GREY long-sleeve shirt.

I know other T-shirt colors exist - I've seen them. (Wal-Mart and Target, to name just two places.)

Here's a suggestion: Since they've already removed the MAR Ride Number from the logo, why not eliminate the date too - then they can print up lots of colors/styles, and re-use them from one year to the next.

Then there was lunch. Maybe I'm spoiled, but when I think of MAR, I think of a great post-ride feed. Grilled burgers, fresh pasta with marinara or Alfredo sauce, etc. One of the best, in fact.

Well, that was until this year. Boxed lunches? BOXED \*COLD\* LUNCHES? And let's not forget the "Bucket-O-Fun-Size-Candy-Bars."

OK, OK, it wasn't all bad. As a veteran of many, many MARs, I will admit that this year's route was quite enjoyable.

I liked the changes from last year and thought it was an excellent mixture of terrain: flat, rolling hills and bike trail. Given that this is an inner-city route, I don't think you can ask for more.

DMCC's very own Paul Black was present, riding a single-



Paul At Time Warp Speed.

speed brown Schwinn. I'm not sure, but I think Paul was in a bit of a time warp.

Here's an excerpt from last year's MAR description in Draftlines:

"The Mayor's Ride is designated as a Classic Bike Ride this year. Participants are encouraged to bring out their classic bicycles for the 20-mile ride around town."

That was last year, Paul, but like you anyway.

Other DMCC members spotted at MAR this year: Duane Bain, Mike Johnson, Mike Ransom, Rob Tull, Julie Jones, Angie Dalton, Dennis Pedrick, my lawyers (oh sorry, that was someone Halle Berry thanked), and many others too numerous to name.

So, to sum up: Weather: Icky. Shirt: BORING. Lunch: Cold food? Route: Excellent. Riders: GREAT.



YELLOW GIRL!!!

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# UPCOMING CENTRAL IOWA RIDES

**FOSSIL/PRAIRIE RIDE**

**When:** 11 a.m.-4 p.m. May 4  
**Where:** Rockford, Ia. (near Charles City)  
**Distance:** 25-60 miles  
**Expected riders:** 50  
**Terrain:** Rolling hills  
**Description:** Begins and ends at the Floyd County Fossil and Prairie Center.  
**Information:** Kevin Longcor at (641) -756-2398 or klongcor@rockford.k12.ia.us

**NABR  
 (NEVADA'S ANNUAL BIKE RIDE)**

**When:** 10 a.m.-6 p.m. May 4  
**Where:** Nevada, Ia. (Story County)  
**Distance:** 14-, 32- or 47-mile loops  
**Expected riders:** Up to 500  
**Terrain:** Flat  
**Description:** The NABR (pronounced neighbor) is a the second annual ride that starts and ends at Minsky's, Sixth Street and Lincoln Highway in Nevada. The ride goes north out of Nevada through McCallsburg, Roland and Story City. Breakfast pizza is available and lunch will be sandwiches, chips and drink - both at Minsky's. Proceeds of the ride help purchase medical equip-

ment for the Nevada Emergency Medical Service (EMS).  
**Cost:** Adult registration is \$15 before April 19, \$20 thereafter.

**MARSHMALLO XVII**

**When:** 10 a.m.-4 p.m. May 11  
**Where:** Highway 14, north edge of Marshalltown  
**Distance:** 16, 35 and 48 miles  
**Expected riders:** Up to 500  
**Terrain:** Rolling hills  
**Description:** Ride will go from Marshalltown west through Lamaille to State Center and loop back to Marshalltown. Long ride will go North to Bangor and back to Marshalltown.  
**Cost:** \$18  
**Information:** Dana Bresler, (641) 485-4804 or danabresler@mchsi.com

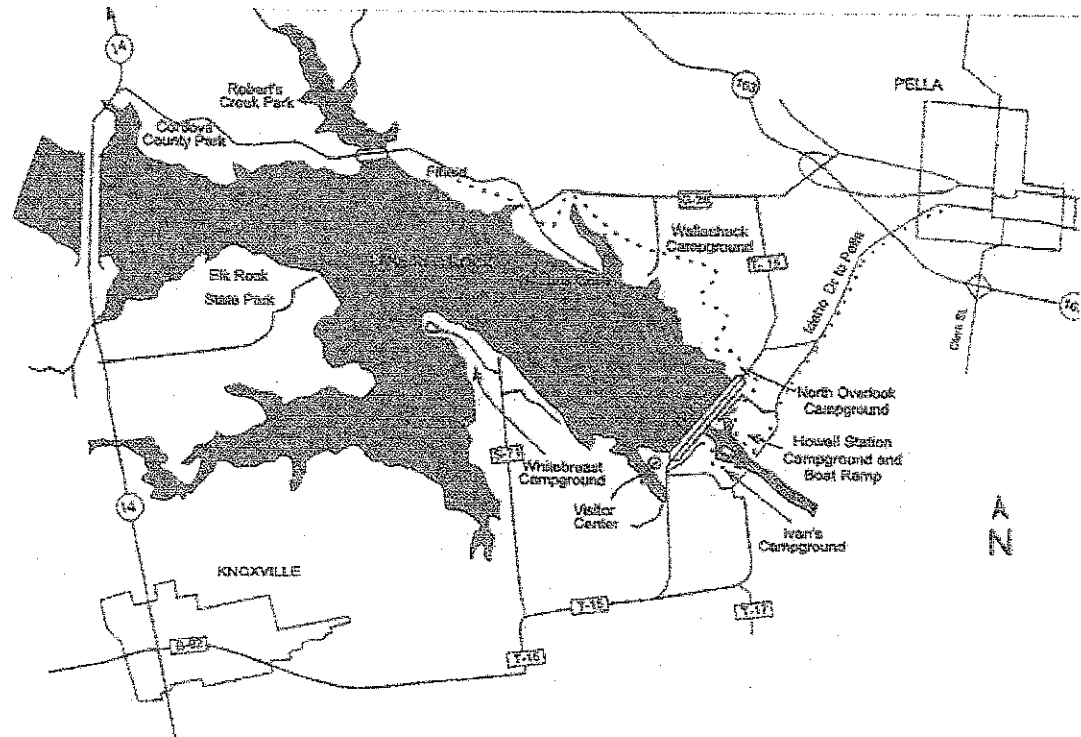
**BEST DAM BIKE RIDE**

**When:** 9 a.m.-2 p.m. May 18  
**Where:** Drug Town Pharmacy, Ankeny  
**Distance:** 30 or 40 miles  
**Expected riders:** Up to 500  
**Terrain:** Rolling hills  
**Description:** 30 - 40 mile ride around northern Polk County,

RIDES continues on page 5

## A bike trail to try out

**What:** Volksweg Trail  
**Where:** Pella  
**Distance:** 13.5 miles  
**Description:** The paved trail begins at the water treatment plant in Pella, just opposite the townhouses at Central College. It winds through Pella and around Lake Red Rock dam before ending at the Fifield nature center. Bikers will encounter a challenging hill or two, but the ride is quite scenic and much of it is appropriate for families.



## UPCOMING CENTRAL IOWA RIDES

continued

through Big Creek State Park and across the dam. Two rest stops.

**Cost:** \$20 before May 1; \$25 thereafter

**Contact:** Todd Schenck at (515) 96303572 or tschenck@ci.ankeny.ia.us

### CRESTON CHALLENGE

**When:** 9 a.m. May 18

**Where:** Greater Community Hospital parking lot, 1700 W. Townline St., Creston

**Distance:** 10, 25, 50-mile loops

**Expected riders:** Up to 100

**Terrain:** Rolling hills

**Contact:** Matt McCutchan at (641) 782-3899 or mattm@greaterch.com

### NATIONAL TRAILS DAY RIDE

**When:** 9 a.m.-4 p.m. June 1

**Where:** Main Street, Rhodes, Ia.

**Distance:** 28.5 miles

**Terrain:** Gentle grades suitable for mountain bikes

**Description:** Story County Conservation, Story County Trails Advisory Committee, and Friends of Central Iowa Biking sponsor this ride along the Heart of Iowa Nature Trail. Currently 12 miles of trail are developed with crushed limestone surfacing. Another eight miles are undeveloped dirt trail. The final 8.5 miles are one-way county roads that conclude a 28.5-mile trip. This is a semi-supported ride with water and check points along the way; bring money for lunch. A shuttle is available from Slater to Rhodes.

**Contact:** Carol Williams, (515) 232-2516.

### RAT RIDE (Ride Around Taylor County)

**When:** 9 a.m. June 1

**Where:** Starts at Lenox City Park, Lenox, Ia.

**Distance:** 10, 22, or 46 miles.

**Expected riders:** 100

**Terrain:** Rolling hills

**Description:** This is a ride around Taylor County in southwest Iowa on paved rural county roads. The 10-mile course is an out and back, the 22-mile course rides the Clearfield loop, and the 46-mile course continues on through Sharpsburg, Gravity, and Bushville. Very well sagged with lunch afterward.

**Contact:** Steve Sawyer, (641) 333-4506

### OUTBACK RIDE

**When:** 8 a.m. June 1-2

**Where:** Des Moines (Southeast Polk High School) to Pella (Central College) and back

**Distance:** 45 miles each way plus a 40-mile optional Sully loop.

**Terrain:** Rolling to challenging hills. Excellent training for RAGBRAI.

**Description:** This ride winds along fairly hilly but picturesque

backroads to Pella, stopping for a comfortable overnight in the townhouses at Central College. The buffet Saturday night is ample and delicious, as is the breakfast the next morning. Plus, Doghouse Bikes donates scads of prizes.

**Cost:** \$53 until May 1; \$63 thereafter. DMCC members get a \$5 discount. Single occupancy in a Central College townhouse costs an additional \$8. Guest meals are \$15 for both Saturday supper and Sunday breakfast.

**Contact:** Mike Ransom at (515) 971-8159 or download an application off the club Web site, www.dmcycleclub.com.

### TOMRV (Tour of the Mississippi River Valley)

**When:** June 8-9

**Where:** Bettendorf, Ia.

**Distance:** 106 miles on June 8 to Dubuque and 86 miles on June 9 for the return. A shorter version between Bettendorf and Preston is 65 miles and 41 miles.

**Terrain:** Rolling to challenging hills.

**Description:** TOMRV is a Midwest cycling tradition that began 25 years ago. Each spring, 1,500 bicycling enthusiasts come to ride along scenic roads through Midwest farmland both in Illinois and Iowa. Parts of the route are quite hilly.

**Cost:** \$53 until April 30, \$58 thereafter. Includes overnight accommodations at Clarke College and a legendary banquet Saturday night.

**Information:** Susie LaForce, Quad Cities Bicycle Club: (563) 355-5530.

### BRAMCO (Bike Ride Around Madison County)

**When:** 9 a.m. June 8

**Where:** North Shelter House, City Park, Winterset, Ia. Take John Wayne Drive south to South Street. Turn east on South Street. Go to Ninth Street.

**Distance:** 40 or 60 miles

**Expected riders:** Up to 500

**Terrain:** Rolling hills

**Description:** This is a ride around Madison County. The 40-mile ride goes through St. Charles, Truro and Peru, and the 60-mile ride continues on through Macksburg, all on paved roads.

**Cost:** \$16 before May 27; \$20 thereafter.

**Contact:** Jim Smith, Madison County Cysel club, (515) 462-1882.

### HEARTRIDE (hosted by: American Heart Association)

**When:** 7 p.m. June 8

**Where:** West Des Moines

**Distance:** 12-15 miles

**Expected riders:** Up to 500

**Terrain:** Mild hills

**Description:** This ride is a benefit for the American Heart Association's education and research programs. It is a "night/twilight" bike ride event held during the early evening so that everyone has a chance to enjoy the band at Rock Bottom Brewery at the end of the event. Meant to be an easy, fun ride, shorter in length. For more information or to volunteer.

**Cost:** \$20 before June 3, \$25 thereafter.

**Contact:** Leslie Garman, American Heart Association, 244-3278.

*CENTURY continued from page 1*

trails, but that may require several out-and-back legs to complete, and that may get boring long before you are finished.

If possible ride with an organized century. This may be a club ride or an event for a charity. These types of rides often have designated rest stops as well as many other riders to provide encouragement and keep you company.

For your first century, choose one on roads that are not primarily hilly, and ideally, lightly traveled by cars. Also select a route that has potential for at least three rest stops. The rest stops may be at towns with country stores where you can buy food, refill your water bottles, by miscellaneous supplies, and use the bathroom.

If possible plan the route to take advantage of the weather. You may be able to ride a route that allows you to ride the last 20 miles or so with a tailwind or slight crosswind. If at all possible, avoid riding your last 20 to 30 miles into a headwind.

**Safety:** Wear a helmet of course. Don't listen to music by wearing headphones or ear buds. They may keep you entertained, but you won't hear cars or other riders nearly as well.

Carry a cell phone if you have one. And also tell a friend or family member about your route, especially if you are doing a solo century. Bring money for food and other items you may need during the ride (suntan lotion, lip balm, etc.).

Riding with a friend who has already done a century is a great idea for both safety and emotional support. If you have any trouble, he or she can help you out. And of course, their company and encouragement will make the miles go by faster.

Don't plan to ride in the dark. Ideally start in the early morning and finish in mid-afternoon or early evening when it is still light.

**Nutrition:** This is a ride for carbo-loading. Basically carbo-loading is increasing the percentage of carbohydrates (pasta, bread, etc.) you eat during the three days prior to the ride. You will still need to eat your normal amounts of protein and fat.

You may choose to slightly increase your total calorie intake each day by adding on extra carbohydrates (an extra roll, an extra serving of pasta).

The objective is to increase the amount of readily-accessible energy your body can use during the ride. Converting less accessible fat and muscle to energy requires more oxygen, and that means you will slow down. You want to use carbohydrates as your primary energy source.

Your body can probably store about 2000 calories worth of readily accessible energy, and you will probably need twice that to get through 100 miles. The balance of the energy will have to come from food you take in during the ride (ideally carbs), or from the fat and muscle in your body.

Eat a good carbo-rich dinner the night before the ride. If timing allows, also eat a carbohydrate breakfast an hour or so before you ride. This may be a muffin, bagel, pancakes, or even pasta.

During the ride eat at regular intervals. Eat energy bars, energy gel, trail mix, or whatever you like that has carbs. Fill one of your water bottles with an energy drink like Gatorade, Powerade, or whatever you like. Put plain water in your other bottle.

Hydration is critically important on all rides, and even more important on longer rides. Dehydration can "sneak up on you."

You may be feeling fine, then all of a sudden you feeling really bad.

If you become dehydrated during the ride, you will probably be done for the day. You may be sick, dizzy, and basically feel like "crap."

Avoid getting dehydrated. Drink, drink, drink. Plan your ride so that you will have access to plenty of water. Make sure your bottles are full every time you stop.

**The bike:** If your bike is well-maintained, and you have the equipment you need to fix minor repairs, you are "good to go". You may want to carry an extra tube if you seem to get an unfair share of flats.

**Your mind:** You should be confident you can accomplish the century before you roll out. If you doubt yourself, the last 20 miles - maybe more - might not be fun. You may have a battle raging in your brain of whether to ride on, or sag back to the start.

Remember you have planned well for the ride. You may be familiar with the route, you know what pace you need to ride, you have prepared your body with the proper conditioning and nutrition, and maybe you are riding with one or more friends who will encourage you along the way.

**You CAN DO A CENTURY!**

*Randy Catron is a USA Cycling Expert Coach  
www.IowaCyclingAcademy.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: [abbottj@dmreg.com](mailto:abbottj@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](mailto:CoachRandy@IowaCyclingAcademy.Com).

### FOR SALE

2001 Cannondale Caad 3 frame (56cm-black w/yellow decals) \$250.00 Price includes fork, headset, 9-speed front der. and a set of Mavic wheels. Email [sbagbys@harenet.net](mailto:sbagbys@harenet.net) or call Steve at 641-943-2330 (home) or 943-2324 (office)

Burly Bugger for sale. Excellent condition. Red and yellow, folds for storage. Alloy wheels. Asking \$175. Call Duane, 964-7322

Vision R-32. Has overhand steering, adjustable seat, a 3-speed rear internal hub, external 7-speed derailleurs on the rear, grip shift, rear air shock, and a new rack with a set of pannier bags \$800. Contact Howard Freerksen: [howardfreerksen@yahoo.com](mailto:howardfreerksen@yahoo.com)

Minoura Magroller rollers. Standard size drums, 7 speed setting. Excellent training equipment. \$110. Steve @ 987-1372 (not long distance from DSM).

# 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 May 1 run through January of the following year.)
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
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	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.

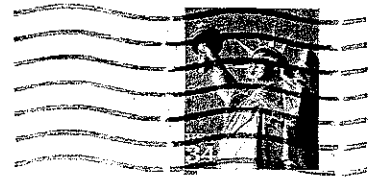
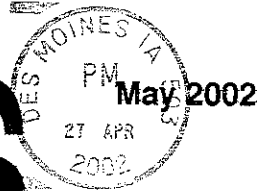
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ADDRESS: \_\_\_\_\_ DATE: \_\_\_\_\_

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

Mark Garner & Family

2003/05/

West Des Moines IA 50266

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