PedalwHeeling

Monthly Newsletter of the Quad Cities Bicycle Club—May 2007

New Title Sponsor, Bigger Prizes and the Jelly Belly Pro Team

By Terry Burke, race director
and Donnie Miller, incoming race director

They always give us a good show, from 35 mph sprints to grinding crashes to flashy jerseys and bikes. But, which riders will show up on Memorial Day?

We can count on a lot of hard-core Midwest riders, and some pro team riders like the Jelly Belly Pro Team that raced in this year's Tour of California, all vying for the expanded prize purse with $10,000 for the day's feature race. Also new this year, the Hot Spot Sprints will spice up the action and keep the pros pushing for big points and bigger payouts.

One team we can count on to be out in force is the DICE racing team. The local contingent of 30-35 riders will be showing their best in front of the hometown crowd, along with the DICE tent. The DICE team is striving to improve its performances by training and racing frequently. I'm sure they'll appreciate encouragement as they navigate and sprint through the fast, eight-cornered District course. See the local newspapers for featured riders from the pros like Jelly Belly and the local DICE team.

The 2007 Quad Cities Criterium presented by Criterium Financial ad program on TV, radio, and in newspapers should reach a larger audience. The featured riders will be included in the newspaper pre-race sections. We also expect to draw more spectators and racers than in 2006, since we are advertising more and have put together a Web site for this great tradition at www.QuadCitiesCriterium.com.

On Memorial Day, we will have 11 USCF races, ages (10-60+) and the Trike and Big Wheel youth races (age 6-10). These will be ongoing from early morning until late afternoon with the featured men and women's races saved for the last two races of the day. Our outstanding announcers, awesome wheel pit, preems and VA honor guard add up to a lot of free entertainment. The District, in addition to its own food and drink venues, will offer a wide variety of outside food vendors. Don't forget to get a limited edition Quad Cities Criterium T-Shirt.

The Quad Cities Criterium is a pleasant way to celebrate the Memorial Day weekend and enjoy socializing with cycling and community friends. We hope to see you Memorial Day for Quad Cities Criterium presented by Criterium Financial for number 41!

See additional information on Volunteer activities on Page 5.

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From the Headset:

QCBC Business, & Recognition.
By Dean Mayne, QCBC president

Even as March and April weather surprised and challenged us, the pace and energy of our club activities weren't dampened by the strange weather. Here is a summary of what's been going on in our cycling community in the last month.

TOMRV: Doug Truesdell made another big impression on the board when presenting his TOMRV update and a detailed safety process for selecting and marking the route. You can rest assured that our TOMRV crew is putting together a safe and well-organized event. TOMRV remains our premiere fundraiser. Please support it any way that you can, as a rider or a volunteer. Be sure to thank the volunteers for all their efforts.

River Action Thanks the QCBC: We received a thoughtful letter from Kathy Wine thanking us for our continued contributions to River Action. QCBC donated $1,800 along with volunteers to order, staff, and fit helmets at Ride the River. Our donation assists River Action in its mission to foster the environmental, economic, and cultural vitality of the Mississippi and our communities.

Chicago Bike Show, April 14-15: The QCBC, River Action and Quad Cities Convention and Visitors Center pooled their resources to send a group to the Chicago Bike show to represent our area and our cycling opportunities. Can you imagine the Quad-Cities as a hub for cycling and tourism? With our great river, trail systems, friendly communities, cycling events like the Criterium, TOMRV, Heartland Century and a very active cycling club, we could very well be a virtual bike magnet! Just ask the visitors that came to the National Trails Symposium last fall. We definitely want to continue to build and support greater tourism, cycling and the environmental vitality of or our area.

Earth Day Donation: The QCBC donated two TOMRV passes, along with a family membership, for raffle to the River Action Earth Day fundraiser.

MRT & Iowa DOT: Dan Manley gave a presentation at the March QCBC meeting regarding the Mississippi River Trail and a ride coming through the QCA this summer, He also attended an Iowa DOT meeting in March in Clinton to represent cycling interests. The DOT representative was not optimistic about funding for trail projects due to reductions in alternative transportation funding in our federal and state budgets. Be sure to let your state and local officials know what these projects mean to you and your quality if life.

Gearing Up for Bike to Work Week: May 12th-18. Envision a community in Europe or Asia where bicycles are a regular part of daily commutes. Now Check out BikeIowa.com and Bike to Work Week Activities around the Bi-State area. The QCBC, River Action, and BikeIowa.com are encouraging the public and employers to support bike commuting for its inherent wellness, economic, and environmental benefits. Watch your email and local news for updates on the upcoming event.

In a time of rising fuel costs, the threat of global warming, and the need for greater wellness to reduce health-care costs and improve our quality of life, an occasional bike commute may be just the answer.

If you register online with BikeIowa.com or participate in our local events, you could be eligible for prizes. The Web site also provides tips for employers and riders on preparing for a bike commute. We plan a local kick-off celebration to draw attention to alternative transportation like Bike & Bus, along with the official unveiling of our new

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Tree of Life
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Have you already had your bike tuned up for the season? What about your body?

Heath Treharne, DC—QCBC Member

1804 Third Avenue, Rock Island, IL ● 309.786.TREE (8733) ● For more information visit www.treeoflifechiropractic.net

Welcome New QCBC Members! Charlie Sattler

Name	City/State	Phone
Keith Cavanagh	Bettendorf, IA	563-359-0384
Joe Epping	Bettendorf, IA	
Dan Reints	Bettendorf, IA	563-441-5633
Evan Zaker	Clinton, IA	563-559-0590
Barbara Park	Davenport, IA	563-359-8486
Dan Radcliff	Maquoketa, IA	563-652-5157
Andrew Majetic	East Moline, IL	309-796-0521
Tom & Deana Fitch	Moline, IL	309-797-6783
Ann & Steven Wagner	Moline, IL	
Bruno Perfette	Tohawanda, NY	716-694-6378

If you experience problems receiving your hard copy newsletter in the mail, please contact Charlie Sattler Charlie can be reached at: 563-391-3422 or csattler14@msn.com. Charlie prints out the labels for the newsletter and does the mailing of the newsletters.

Hard Copy newsletters are sent out to all current club members the last week of the month. Members, who live in the immediate QC Area, usually receive their newsletters before the end of the month. Members, who live farther away, may not receive theirs until the first or second week of the month.
You can also view the newsletter online at www.qcbc.org.

Membership Count: 12/18/06

Number of:	Members	Memberships
Individual	392	392
Couple	335	167
Family	290	80
Complimentary	20	20
Life	7	4
Total	1044	664

May Ride of Silence

By Chuck Oestreich
Prompted by Mark Hager, Ride of Silence board of directors, Michigan

We all know bicyclists who have been hurt or have had close calls while riding on our streets and roads alongside motorized vehicles. Most recently, we remember with horror what happened to Dave Holmes, who was tragically killed in a truck/bike accident north of Davenport in the summer of 2004.
To boost public awareness of the fact that motorists must learn to share the road with bicyclists, a global Ride of Silence is held each year on May 16 starting at 7 p.m.
This is NOT a critical mass ride. There's no shirts or items for sale, no fee or registration. Each ride is approximately 10 to 12 miles long, ridden at a 12 mph pace, and is silent.
Participants obey all the rules of the road and traffic laws. They do not ignore stop signs and lights, and only ride two abreast when the law allows.

It's not just a club ride. It's a ride for moms, dads, brothers and sisters, family and friends, from beginning cyclists to racers, anyone who wishes to honor a fellow cyclist killed or injured by a motorist while out riding. The ride lets vehicle drivers know they MUST share the road with us.
Participants are asked to wear a black armband to honor a cyclist who's been killed, and/or a red armband to honor a cyclist who has been injured.
Please join the Ride of Silence in the Quad Cities.
When: Wednesday, May 16, 7:00 p.m.
Where: Assemble at the QCCA-EXPO parking lot (in Rock Island, close to the Botanical Center)
Route: Riders will ride together on the one-ways in Rock Island and Davenport, perhaps using parts of Rock Island's bicycle-striped 7th Avenue. Riders may also ride the Mississippi River trail.
Preparation: Bring an armband, and prepare to be SILENT. Also note, the press may be present.

Be Part of the Team

Volunteer opportunities for the Memorial Day, Monday, May 28 Criterium:

We have some volunteer opportunities available for the upcoming 2007 Quad Cities Criterium presented by Criterium Financial. Here are the areas needed:

Registration: Work the registration desk and have the chance to meet the guys and gals registering to race or picking up packets for their teams. You get an interesting insight into the race when you meet them.
Contact chairperson: Vivian Norton, (563) 355-1899, vjoan@worldnet.att.net

Corner Marshals: See what's going on during the race and help racers at the same time by being a corner marshal. Corner marshals monitor street crossings to stop spectators from crossing in front of racers, all while getting a front row seat.
Contact Chairperson: Gary Jones, (563) 359-5614, jonesgaryd@johndeere.com

T-shirt sales: Do you like to sell and be part of the action? Do you want to get a free shirt?
Contact Chairpersons: Dennis and Karen Baber, (309) 796-2476, baber@copper.net

Wheel Pit: If you "know your wheels" or want a quick, practical lesson, join the Wheel Pit Crew and be a part of the best wheel pit in the Midwest!
Contact Chairperson: Walt Dethlefs, (309) 507-2963 (cell), wdethlefs@asiowa.com

Prize Desk: You may not get a prize but you do get to see how it's done.
Contact Chairperson: Doug Nelson (563) 355-3253, dougnelsonmai@mchsi.com

Hospitality Tent: Mingle with our sponsors, officials, and Crit organizers.
Contact Chairperson: John Wessel (563) 359-8350, jewel@wpcco.com

Trikes and Youth Races: Volunteers are needed for registration and for a "Trike Wrangler" (to line up the trike racers).
Contact Chairperson: Michael Zugmaier, (563) 359-9538 zuggym@aol.com

Shifts are available from 7:30 a.m.-5 p.m. on Memorial Day.

Your big rewards:

*2 free food coupons good at Criterium vendors!
*A spectacular and much coveted Criterium t-shirt.
*Quad Cities Criterium socks for $5 when you present your T-Shirt ticket at the T-Shirt booth. (Price to public is $10)
*An invitation to the volunteer party! (Time and location to be announced)
*A full day (or shift) of entertainment!
*An opportunity to be an active QCBC volunteer.
***BE PART OF THE CRITERIUM FUN!**

To find out what volunteer spots are open or to say what position you're interested in, contact Jewel Bryan at (309) 762-4762, (w) 309-236-4527 (c) or jewel@wpcco.com.

QuadCities Criterium
PRESENTED BY CriteriumFinancial

Bits-n-Pieces

QCBC Adopt-A-Highway Trash Pickup

The spring QCBC Adopt-A-Highway trash pickup will be held at 5:30 p.m. Monday, May 7. Meet at the gravel parking lot just north of Mt. Joy Road in Davenport, between the soccer fields and Window Experts. Wear long pants, sturdy shoes, and gloves. There will be pizza afterward. For 15 years, QCBC members have helped maintain a two-mile stretch of Scott County Park Road (old Rt. 61) by removing trash from the shoulder and ditches. This community service project helps beautify one of the roads that many cyclists use. Much of the materials are recyclable and kept out of the landfill. For more information, call coordinators Ken and Julie Urban at (563) 326-3427. Rain date is Monday, May 14

9th Annual Pedaling for Kicks
Saturday, July 7, 2007,
Bloomington-Normal Area Save the Date!!
Additional information and online registration available on ride website: www.fcfi.org
Questions? Contact Richard Verdery, Ride Chair, at 1-800-676-2353

TOMRV is June 9 and 10. Riders can start from Bettendorf or Preston and end in Dubuque on Saturday. On Sunday, the ride returns to Preston or Bettendorf. We will have a fabulous meal at Clarke College on Saturday. After your Saturday ride, relax at the beer garden and listen to the Cedar Island Band. Door prizes are awarded Saturday evening. Ride information is available on the qcbc website at www.qcbc.org/tomrv.
Registration ends May 26. If you have questions about the ride email Linda at tomrv30@mchsi.com or call (563) 388-8043.

Share the adventure
from Bike Bits E-Magazine

We're trying to drum up some action and get Adventure Cyclist magazine into the hands of a greater number of cyclists. Toward that end, we wonder if you, the typical Bike Bits reader, might be willing to help. Simply mention the "Grab a Free Issue" campaign to your friends and on any cycling forums or blogs you may participate in.
All you need to do is tell them to go to our homepage and click on the "Grab It" icon at the lower right-hand corner of the page. And by all means, if you don't already receive the magazine yourself, be sure to take advantage of this free offer for your own enjoyment and benefit. http://www.adventurecycling.org

Leisure Rides 2007

By Vivian Norton

Leisure Rides are scheduled again this year. Thank you to everyone who has agreed to lead rides. We wouldn't have them if it weren't for you - Barb and Joe Welsch, Bonnie Gesling, Kaye and Carter Le Beau, Chet and Kathy Doyle, Dottie Willits, Joy Deux, Dodie Robers, Doug Nelson, Dean Arney, Doug Stephens, Terry Burke, Jim Dayton and Bob Mulligan.

All except the century will be about 20 miles long and stay at about 10-13 miles per hour. Speed and any added distance will be at the discretion of the ride leader and will take into consideration the riding level of those who attend.

There is a flat century planned for Leisure riders at the Heartland Century. It will be a flat ride and will use part of the Heartland route. This ride may change depending on weather conditions. Watch Pedalwheeling for further information.

Two rides will be held with the Mid-paced ride group.

One will be to the Barstow Volunteer Fire Department Pancake Breakfast. Meet at 8 a.m. May 6 at the east end of Ben Butterworth Parkway near CNH.

The second Mid-paced ride will be at the annual Chili Ride on Oct. 6. Meet at 9 a.m. at the Middle Park Lagoon. See the Ride Schedule and the Leisure Ride brochure for both of these rides.

If there is a ride you'd especially like to have included in the ride schedule, or if you'd like to lead a ride, contact Vivian Norton (563) 355-1899 or vjoan@worldnet.att.net.

May 2007 Ride Schedule

Winter ride schedule—October through April

Please note the change of times assigned to rides scheduled during these months. All winter rides are open to optional lengthening or shortening at the discretion of the riders. Most are riders' choice due to the unpredictability of the weather at this time of year.

Tuesday, May 1
Summer Evening Ride, Iowa
5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, May 2
Morning Ride, Illinois Start
8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, May 3
Summer Evening Ride, Illinois
5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, May 5
12 th Annual Tailwind Ride
Web site, www.qcbc.org, for details. Chairperson: Dave Lefever, 563-355-6476.
Fast-Paced Ride,
Please note: Behind the Moline Airport start
8:00 A.M. Meet at Airport Park, Indian Bluff Rd. (South of the Moline Airport) for a riders' choice ride.
Mid-Paced Ride, Riders' Choice
8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway for a riders' choice ride.
Leisure Ride, Spring River Ride
9:00 A.M Meet at Schuler's Shady Grove Park in Rapid City for a ride on the river front Bicycle trail to Bass Landing. Ride Leader: Vivian Norton, 563-335-1899.

Sunday, May 6
Fast-Paced Ride, Riders' Choice
8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.
Mid-Paced Ride, Barstow Volunteer Fireman's Pancake Breakfast
8:00 a.m. Meet at east end of Ben Butterworth Parkway near CNH. 39 miles. Ride leader: Jerry Kruse, 563-370-6975

Monday, May 7
DOT Adopt a Highway Trash Pickup
5:30 P.M. Join other QCBC members for a community service project. This is the 14th year that the QCBC has maintained this two-mile section of Scott Park Rd (old Rt 61). Meet at the gravel parking lot just north of Mt Joy Rd in Davenport, between the soccer fields and Window Experts. Wear work clothes and gloves. Coordinators: Ken & Julie Urban, 563-326-3427. Note: Rain date for this pickup will be Monday, May 14

Tuesday, May 8
Summer Evening Ride, Iowa
5:30 P.M. Meet Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, May 9
Morning Ride, Illinois Start
8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, May 10
Summer Evening Ride, Illinois
5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, May 12
Fast-Paced Ride, Riders' Choice
8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.
Mid-Paced Ride, Riding the Rollers to Eldridge
8:00 a.m. Meet at Eastern Ave entrance, Duck Creek Parkway. 30 miles. Ride leader: Mike Middlemiss, 563-386-6690
Leisure Ride, Duck Creek Bicycle Path Excursion
9:00 A.M. Meet at Duck Creek Park. Take Marlo Drive into the park and past the golf course to the parking area. Ride the Duck Creek bicycle path. Ride Leaders: Joe and Barb Welsch, 563-332-4878.

Sunday, May 13, Mother's Day
Fast-Paced Ride, Riders' Choice
8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.
Mid-Paced Ride, Riders' Choice
8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Tuesday, May 15
Summer Evening Ride, Iowa
5:30 P.M. Meet Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, May 16
Morning Ride, Illinois Start
8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride

Thursday, May 17
Summer Evening Ride, Illinois
5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, May 19
Fast-Paced Ride,
8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway
Mid-Paced Ride, Swinging Bridge Tour
8:00 A.M. Meet at Muscatine downtown river parking lot. 63 miles. Ride leader: Rodger Horst, 563-263-0410.
Leisure Ride, Illinois by the River
9:00 A.M. Meet at the east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline. Ride the River Front Trail to Sunset Marina and back. Ride Leaders: Bonnie

Gesling, 309-762-1178.

Sunday, May 20

QCBC 20K Time Trial Championship

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, Working the Hills to Edgington

8:00 a.m. Meet at RI Industrial Park across from Roadway (corner of Rt. 92 and Andalusia Roads), Rock Island, IL. Park along side street near this light industrial park. Join Ruth on one of her favorite training routes through Edgington & Reynolds. 35 miles. Ride leader: Ruth Sanders 309-738-9900.

Tuesday, May 22

Summer Evening Ride, Iowa

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, May 23

Morning Ride, Illinois Start

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, May 24

Summer Evening Ride, Illinois

5:30 P.M. Meet at the boat landing along the Great River Trail in Rapids City for a riders' choice ride.

Saturday, May 26

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at Eastern Ave entrance, Duck Creek Parkway.

Mid-Paced Ride, Hills & Vistas of Scott County

8:00 a.m. Meet at Eastern Ave entrance to Duck Creek Parkway. 42 miles. Ride leader: Bill & Kathy Storm, 563-355-2564.

Leisure Ride, Credit Island and Back

9:00 A.M. Meet at Leach park at the foot of 12th St. in Bettendorf for a ride to Credit Island and back. Ride Leaders: Kaye and Carter LeBeau, 563-323-6848.

Sunday, May 27

Fast-Paced Ride, Riders' Choice

8:00 A.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline.

Mid-Paced Ride, North to Albany for Brunch

8:00 a.m. Meet at the boat landing along the Great River Trail in Rapids City. 40 miles. Ride leader: Jim Karr, 563-441-9115.

Monday, May 28

Quad Cities Criterium #41

See you Memorial Day in the District! Terry Burke, 797-3790, tburke@qconline.com <mailto:tburke@qconline.com> & Donnie Miller 743-0260, bcycleracr@sbcglobal.net

Tuesday, May 29

Summer Evening Ride, Iowa

5:30 P.M. Meet at Happy Joe's Restaurant in Eldridge for a riders' choice ride.

Wednesday, May 30

Morning Ride, Iowa Start

8:00 A.M. Meet at Hardee's, 425 55th St, Moline, for a riders' choice ride.

Thursday, May 31

Summer Evening Ride, Illinois

5:30 P.M. Meet at east end of Ben Butterworth Parkway, Old River Dr. and 55th St., Moline (near CNH) for a riders' choice ride.

Ride Classifications:

Leisure Rides – 10 to 13 mph riding pace. Stops will be taken as needed, and may include a snack stop. Group will wait for slower riders. These are great rides for new members or those who want a slower, relaxed ride. Distances vary from 15 – 21 miles. These rides are offered in the schedule, May – September.

Mid-Paced – 13 to 16 mph average riding speed. Stops as needed. A stop for breakfast is usually included. Group will wait for slower riders when re-grouping. Distances vary from 25 to 65 miles. These rides are offered in the schedule, April – October.

Mid Paced (3 Hour Out & Back Rides) – 13 to 16 mph riding pace. No breakfast stop. Distances will be 35 – 45 miles. These rides are offered in the schedule, April – October.

Fast Paced – 16 mph or faster average riding speed. Few stops. Group may wait for slower riders. Distances vary from 35 to 70 miles. These rides are offered in the schedule, April – October.

Rider's Choice – the riding pace on these rides will vary depending upon who shows up. These rides are offered year round, throughout the schedule.

2007 MidPaced Rides

By Kathy Storm, ride coordinator

The 2007 MidPaced Ride schedule features weekend rides April through October. These rides are designed to appeal to cyclists who are comfortable riding a road bike on paved trails and county roads. The average mileage of these rides runs from 28 -65 miles. The average riding pace is 14-16 mph.

These rides feature a defined starting location, ride leader, approximate mileage and route. The route will be published ahead of time in the Ride Schedule (hard copy booklet, monthly newsletter and/or on the club's web site) or made available at the start of the ride.

Most of the MidPaced Rides include a stop for breakfast after riding 15-25 miles. If you are interested in riding with a group but need to have a shorter time commitment, please consider joining one of the "3 Hour Out and Back" rides. These rides do not stop for a sit down breakfast and are 35-45 miles long. One of these is offered every month.

The 2007 schedule includes two rides that will include the Leisure Ride group. These will be on Sunday, May 5 when both groups will ride (slightly different routes) to Barstow for the Fireman's fundraiser Pancake Breakfast. The second date will be Saturday, Oct. 6. This is the date of the Chili Lunch in the Park ride starting at Middle Park Lagoon in Bettendorf. There are nine dates when the MidPaced and Fast Paced groups also overlap with the same start location.

If you are planning to ride with the MidPaced group, you'll want to check the starting location a few days ahead of time. We use different start locations to ensure we are offering riders some different route experiences. If you are unfamiliar with where this location is at, please contact the Ride Leader for that ride.

Headset—Cont. from Page 3

trails brochures and metro commuter maps.

If you are retired or a stay-at-home parent, consider volunteering to lead a group of kids on a ride to school, or helping someone else plan or participate in this annual celebration.

We hope this event brings greater awareness to the public and our local officials regarding other federal and state safe streets programs like Safe Routes to School, Complete Streets, and Bicycle Friendly Community Certification.

Ride of Silence; The Nationally Recognized Memorial Ride of Silence is May 16. I've asked Chuck Oestreich to provide details. This ride memorializes fellow riders who have died while pursuing their sport. It's simply a respectful tribute and memorial ride aimed at raising awareness for cyclist, and safe streets. This is not an official QCBC function.

Trail Heads & Flowerbeds: Dr Mike Giudici approached the QCBC about providing a group of volunteer gardeners to maintain a flowerbed at the crossing of the Mississippi River Trail and the American Discovery Trail. I think this is a great way to demonstrate our vested interest in the development of our great trail system and its connection with the rest of the country. No green thumbs required. If you can help, contact Mike Giudici. I'm certainly going to help.

Tailwind Ride 5/5: Hope to see you there. Dave Georlett, John Wessel and Charles Curry have put a good deal of energy into planning this season-opening event. We have room for up to 90 or more riders. Sounds like good friends, good food, a good route and great push into the '07 riding season. Join us

Bike Safety: Deb Mathias has been approached about providing assistance with bike safety training for children. Other members have contacted me about training for new members. It is within our non-profit club charter to support community education and training. We are looking for volunteers to form a committee to get club members in place to meet the bike safety needs of our community. Contact me or Deb Mathias if you can help.

QCBC Locker Inventory: We are planning a locker inventory to assess what we have and need to support our cycling events. We plan to invite our TOMRV and RAGBRAI, Century, and Criterium directors to elicit their comments and ideas on what we need to support their events.

Communication and Web site Upgrades: We are in the process of updating and reorganizing our web image and e.messenger notification systems. We are looking for assistance from our computer savvy members. If you have creative ideas, experience, and are willing to donate some of your time, let me know.

Back Jack, do it again? A Top 10 list

By Jim Verhulst, a Ragbrai fan

As the most recent RAGBRAI now becomes the stuff of legend and twice-told tales, here is a Top 10 list of queries heard most often:

1. Are the showers hot?
2. Does the bathroom have toilet paper? (And the more basic: Is there a bathroom, and if not, how high is the corn?)
3. Where is there a place with air conditioning?
4. Are Iowans always this nice? Wow.
5. Did you see Lance?
6. How were the hills?
7. How was the headwind?
8. How many RAGBRAIs have you done?
9. How far tomorrow?
10. Are you coming back next year?

Of course, No. 10 begs the question: Will I do it again? I loved the people of Iowa and their easy grace and many kindnesses. I loved riding with the Quad Cities Bicycle Club and meeting wonderful people I would never have come across in any other way.

I'm less fond of tents, to be honest, and I'm not much of a camper. Rummaging around at 4:30 every morning to break camp with a flashlight between my teeth for light wasn't exactly nirvana. So yes, I would like to do it again but working out of a tent meant I spent too much of the week trying to find a cool place (something, anything with AC), a warm shower and some place out of the sun, as the tents were too hot for anything but sleeping (and barely acceptable most nights for that).

Yet, if I hadn't stayed in a tent this year, I would never have met so many truly gracious and giving people, would not have struck up so many friendships, would not have the same war stories to tell, some of which I can't repeat in this family blog. So I am glad I stayed in a tent this year, but I like the past tense nature of that statement. I'd like to come back, ride hard on the road and yet live a bit easier off the bike next time. Dana, Dave and Rick, you know I'm talking to you.

TOMRV 30 REGISTRATION FORM

Please complete all information. Use only one form per person. You may duplicate this form if more are needed.

Please Print Clearly

First name	Last name		*Age on 6/9/2007
Street Address			
City	State	Zip	
Phone ( )	Email address		
Check route option ▶ Your luggage tag will indicate the route you select and your bag will be delivered to this site on Sunday.	☐ **Preston** (67/44 mi)	☐ Check if you are camping in Preston Friday night.	
	☐ **Bettendorf** (106/98 mi)	☐ Check if you are camping at Scott Friday night.	

Registration Fees *(Please note fee deadlines) Mailed registrations must be received by May 26*

			Amount Due
QCBC member? ☐ Yes ☐ No	Thru March 31 (QCBC member $45)	$50	$
Have you ridden TOMRV before? ☐ Yes ☐ No	April 1 to April 30 (QCBC member $50)	$55	
	May 1 to May 26 (QCBC member $55)	$60	
	Registration at packet pick-up	$65	

TOMRV t-shirt *(circle size)*	S	M	L	XL	XXL		**FREE**

Additional Items for Purchase *(Indicate size and preference of Men's or Women's for jersey)*

Additional TOMRV t-shirts	S	M	L	XL	XXL		$10	
Short sleeve jersey ☐ Men's ☐ Women's	S	M	L	XL	XXL	XXXL	$63	
Sleeveless jersey ☐ Men's ☐ Women's	S	M	L	XL	XXL	XXXL	$63	
TOMRV patch							$4	

Accommodations *(Need to be reserved by May 26)*

Camping at Clarke *(per person)*	$10	
Sleeping bag space in air conditioned dorm lounge	$15	
Single dorm room *(1 single bed)*	$32	
Double dorm room *(2 single beds)*	$50	
Loras 4 person suite *(air, four adjoining single rooms for 4 persons)* *	$200	
Loras 6 person suite *(air, two double rooms and 2 single rooms for 6 persons)* *	$300	
Clarke apartment suite *(air, six adjoining single rooms for 6 persons)* * *Must be mailed in to reserve*	$300	

***Suites are sold as a package and availability is limited. Clarke suites are usually sold out after the first week of registration.**

TOTAL DUE (includes Iowa sales tax)	$

Please make all checks payable to: **Quad Cities Bicycle Club**
Mail to: TOMRV 30, c/o Linda Barchman, 2731 Emerald Court, Davenport, Iowa 52804

RELEASE AND WAIVER STATEMENT

In order to participate in TOMRV 30, the following must be completed fully and ***signed in ink.***

I, the undersigned, knowingly accept and fully understand the inherent risks involved in bicycle touring. I understand and agree that I must wear my helmet at all times while riding in TOMRV 30. In consideration of acceptance by the sponsoring organization, QUAD CITIES BICYCLE CLUB, of my registration to participate in TOMRV 30, I hereby, for myself, my heirs, and assigns: release, indemnify and agree to hold harmless the sponsoring organization, QUAD CITIES BICYCLE CLUB, its directors, officers, employees, agents and participants who may be performing official functions for the ride, from any and all actions, claims, demands, administrative proceedings, judgments, or decrees, including attorneys' fees, of any kind that may arise out of my participation in the TOMRV 30 ride. I also hereby consent to and authorize emergency medical treatment in case of injury. I understand that any medical costs incurred will be my responsibility. I represent that my physical condition, as well as my equipment, is to the best of my knowledge adequate to allow me to safely participate in the tour event. I agree to all rules of TOMRV 30.

Participant signature _____ Date _____

Parent or guardian signature (if rider under 18)* _____ Date _____

Name of adult accompanying minor (print)* _____

Be a Pioneer!!

By Dan Manley

If you want to be a pioneer on a new bike trail, join us on a scouting ride for the Mississippi River Trail in Iowa June 2-6. The ride will start in Keokuk June 2 and end in New Albin on Wednesday, June 6. We need input from those interested in helping review the route and constructive comments about the ride.

You can be in on the "ground floor" for what we hope will be an annual event beginning in 2008.

Overnight stops will be in Burlington, Bettendorf, Bellevue and Guttenberg. Our longest day will be about 73 miles from Burlington to Bettendorf, and the shortest 47 miles from Keokuk to Burlington. The group will meet in Bettendorf at the Isle of Capri parking lot on Friday, June 1, and board a bus for a 3 p.m. departure to Keokuk. The ride begins Saturday morning, and is totally self-supported. There will not be a baggage truck to haul gear. There's a possibility a local biker may have someone drive a van for support? More on that if you are interested.

Cost for the ride is $100, which includes membership in the MRT, bus, camping fees, t-shirt and a few other goodies.

If you'd like to join us, contact Dan Manley at (563) 249-1046, or email dwmanley@mchsi.com.

Hey, if you can't do the whole ride, that's OK. Join us for a day or two with no fee - everyone welcome. Or, ride just part of a day - join in along the route, or ride into or out of Bettendorf with us as far as you want.

The riders should be arriving in the Quad Cities about 3 p.m. Sunday, June 3rd and will leave at 7:30 a.m. Monday, June 4 for Bellevue.

Join the ride - be a Pioneer!!

Mapping Project Complete

By Chuck Oestriech

The New Quad Cities Metro Bicycling Map, a long-time need for Quad-Cities' bicyclists, is about to be released.

We have a variety of maps encouraging people to use our world-class trails, and much tourism material to inform strangers about our biking opportunities.

But we have never had a map showing usable bicycle routes through the streets of our cities.

How can you get to North Park or South Park on a bike? How can you get to museums, schools, theaters, etc.? Which streets can you use to ride to work? What is the best way to go east or west in either the Illinois or Iowa communities?

Where are the bike shops and how can you get to them on a bike? Where can you rent a bike?

All these questions and more will hopefully be resolved with the introduction of the new Quad City Metro Bicycling Map.

The map was put together by a motivated group of QCBC members under the League of Illinois Bicyclist's program to make these maps available in all the metro communities in Illinois, and in our case, including the Iowa Quad City communities.

What the group did was pool their expertise gathered through years of riding around and through the area. They negotiated with each other as to whether a street was a good route, could possibly be used carefully as a connector, or was one to be avoided completely. The results are clearly shown on the map.

The map, however, makes no legal or quasi-legal claim. It's simply a guide - similar to the answer you would get by asking an experienced QC rider for advice on how to get from here to there.

And the map is not a QCBC project, although the group was mostly club members. No QCBC funds were used in its production, printing, or distribution.

The maps will be free, and available at one of the following local sponsors:

- Bike N Hike, Rock Island
- Donnie's Indoor Cycling Experience, Moline
- Healthy Habits, Bettendorf
- Jerry & Sparky's, Davenport
- Tree of Life Chiropractic, Rock Island
- Trek Bicycle Store of Davenport
- And all the Quad-Cities Convention and Visitors Bureau locations

Get a Metro Map, and use it and your bicycle for transportation through and around the Quad Cities.

Ride RAGBRAI XXXV with the QUAD CITIES BICYCLE CLUB
Bus Charter

The Quad Cities Bicycle Club will provide charter service for riders who obtain their RAGBRAI tags from the Des Moines Register. Photocopy your bike and wristband tags, including the unique id numbers. Check the services you require below. Use a separate form for each person. Make check payable to QCBC, RAGBRAI XXXV. Bikes are loaded Friday, July 20, 4:30 - 6:30 p.m. in Davenport, Iowa at NorthPark Mall, 320 W. Kimberly Road, North East corner lot number A16 which is North of Sears. If you leave a vehicle at NorthPark Mall understand that neither NorthPark Mall nor QCBC can take responsibility for anything adverse that may happen to your car or its contents. Riders and gear load Saturday, July 21, 6:30 - 7:00 a.m. Return bus to Davenport July 28, leaving Bellevue from 2:00 - 4:00 p.m.

Name of Rider_____ Birthdate:Month/Day/Year_____

Night Phone #_____Day Phone #_____ Tandem Yes__ No___

Street_____City_____State_____Zip_____

Adult sponsor if under 18_____E-mail_____

Your Unique RAGBRAI ID #_____

Bus transportation $75.00_____
Davenport to Rock Rapids

Baggage service for the week $45.00_____

Return bus
Ending town to Davenport $40.00_____

Total $_____

Every rider must sign this liability waiver. If you are under 18, your sponsor must also sign. In signing this form for myself or another, I understand and agree to absolve all of the sponsors and organizers, singly and collectively, of all blame for any injury, misadventure, harm, loss, or inconvenience suffered as a result of taking part in RAGBRAI XXXV or in any of the activities associated with RAGBRAI XXXV.

Signature of rider _____Date

Sponsor's signature, if rider is under 18

Mail to QCBC-RAGBRAI, 2833 Kelling St., Davenport, IA 52804

Questions can be e-mailed to dmoritz@machlink.com
Please identify e-mail subject as RAGBRAI

It's Ride the River 2007 Time

By Vivian Norton

After 23 years, when Father's Day rolls around, Quad-citizens think RIDE THE RIVER. It's nearly that time of year again. The 23rd annual Ride the River will be held on Father's Day, Sunday, June 17.

Each year, the River Action staff and volunteers work on a new theme or special events for the ride. This year, Ride the River is really special because up to three kids in a family ride free. "KIDS RIDE FREE" is new this year.

There will be special free activities at Bass Street Landing in Moline for all children. There also will be entertainment and food vendors.

The ride will start at Union Station in Davenport. Choices of crossings are the Arsenal Bridge or Celebration Belle riverboat. Bikes of riders crossing on the Celebration Belle will again be transported by barge. The "bugs" have been worked out for loading so that part of the ride should go on in a timely manner.

The ride can be as long as a challenging 64 miles, or 18 miles, or whatever you want to do in between.

QCBC members will continue the commitment to safe cycling by selling helmets on Saturday, June 16 and Sunday., June 17.

There always is a need for volunteers. Sign up to help fit and sell helmets and putting out and picking up traffic cones. There's also a big need for volunteers for the kids' activities. To volunteer, call River Action at (563) 322-2969

Remember, when you use the Davenport ramp to the Arsenal Bridge and see the ramp on the Rock Island side, that the bridge studies were done with money raised by River Action.

DICE 20K and 40K Time Trials

By Donnie Miller

The 7th annual 20K and 5th annual 40K Time Trails will be the same as old, but with a new look.

This year, we have a new race director, and DICE and the QCBC are the sponsors. It will still have the same ABR format with trophies and medallions for the 20K and 40K respectively.

We still will have trophies for the fastest male and female QCBC members and the category prizes will go five deep in all age brackets. As always, no late fees for QCBC members, which is $14 with a one-day ABR license, and DICE team members will not have to buy the one-day license and will race for a flat fee of $10.

Registration for the May 20 20K Time Trial is at the Barstow Fire Department from 7:45 to 9a.m., with the first rider going off at 9:01and following riders at one-minute intervals, staged in order of registration. So, get in early and get done early. The course is the usual Barstow out and back course.

Registration for the July 15 40K Time Trials will be at the Cordova Township Civic Center from 7:45 to 9a.m. with the first rider going off at 9:01 and following riders at one-minute intervals, staged in order of registration. The course is the usual out and back course that challenges even the best time-trial riders.

For more information, and to see fliers for both events at www.dicecycling.com and www.DiceTraining.com, or contact Donnie Miller at bcycleracr@sbcglobal.net.

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

☐ New Application

☐ Renewal Application

Date of Application _____

Membership Type: ☐ Individual $15/Year

☐ Couple $20/Year

☐ Family $20/Year

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ (Incl. Area Code) Email _____

NOTE: The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter. We have found that this encourages existing members to welcome new members into the club. If you would prefer that this information not be listed in the hard copy and online copy of the newsletter, please indicate here: ☐

Membership in Other Bicycling Organizations ☐ League of Am. Bicyclists ☐ League of IL Bicyclists ☐ IA Bicycle Coalition ☐ FORC

Please List ALL Names Including Under This Membership Below			Riding Interests	I Can Help With	
Names under this app.	Birthdate	M/F	☐ B/Triathlons	☐ Annual Dinner	☐ Picnics
			☐ Camping	☐ Computer Work	☐ Race Events
			☐ Commuting	☐ Du-State-Du	☐ Ride Leader
			☐ Endurance	☐ Heartland Century	☐ Ride Schedule
			☐ Mountain Biking	☐ Membership	☐ Safety/Education
			☐ Racing	☐ Newsletter	☐ Telephone Calling
			☐ Recumbent	☐ QC Criterium	☐ TOMRV
			☐ Tandem	☐ Packet Stuffing	
			☐ Touring	☐ Other	

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

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club ride or other activity, which it sponsors. All cyclists ride at their own risk. Anyone under age 16 must be accompanied by a responsible adult. A parent or guardian must sign for all applicants under 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Liability Release—Signature Required

Individual Membership (self) _____ Date _____

Couple/Family Membership (self) _____ Date _____

Couple/Family Membership (spouse) _____ Date _____

Parent/Guardian for Children under 18 _____ Date _____

Make all checks payable to: Quad Cities Bicycle Club.
Mail completed form and check 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. Please visit our website for a listing of club rides and other events: http://www.qcbc.org
Last Revised 9/1/06

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

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Davenport, Iowa

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

May is a Happening Month

By Chuck Oestreich

Many bicycle events are scheduled for May. Take a look at the list and make a note to bike to them.

- Saturday, April 28, 11 a.m. : An event/news conference at the parking lot of the QC Botanical Center will celebrate the official initial presentations of our very own Quad Cities Metro Bicycle Map and the distribution of the new version of River Action's Trail Map and Brochure. The event will begin with bicyclists from the four corners of our area converging to the meeting place after using the maps to ride through the communities.

Then local mayors or representatives will be given ceremonial copies of the maps and be asked to give a short review of their city's future bicycle focus. Maps and handouts about Bike to Work Week will be given out. Metro Link will demonstrate how easy it is to use the bike racks on its buses in connection with biking to work.

At the end of the event, anyone interested can take a bicycle tour of the cities using the new maps.

- **Monday, May 14:** Bike to Work Week starts. Ride your bike to work all week. Urge co-workers to do the same. See if you can push your workplace to do more to promote workers bicycling to work.

- **Wednesday, May 16,** 7 p.m.: Ride of Silence begins at the QC-Expo parking lot. See related article for detail.

- **Friday, May 18:** Official Bike to Work Day all across the nation. Make sure you ride at least today, if not all week long. At 3 p.m. Jeff Cozad will be at the wildlife outlook on the tip of Arsenal Island telling stories of his experiences biking to work throughout the year. Join him if you can.

After you've biked to work during this week, email the dates and mileages to oestreich@qconline.com before Sunday, May 20 and you'll be eligible for some kind of a prize - a new bike, T-shirt, three-day all-expenses-paid vacation to the Sylvan Slough Time-share Resort, or something of like value.