



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club—April 2008



## 2008 Criterium to Have Two-Day Format

By Donnie Miller and Terry Burke

The Quad Cities Criterium presented by Criterium Financial will have some new twists this year - a two-day format.

We'll hold the Quad Cities Bicycle Club's Great Big Bike Rodeo on Sunday, May 25, with the traditional races on Monday, Memorial Day.

The bicycle rodeo - for kids and adults - will teach the importance of bike safety. Kids also will get an invite to race their first criterium and maybe start a new career as a racer.

We'll also have expanded vendor booths and cycling-related points of interest both days. Come see some advocacy booths showing the future in cycling in and around the Quad-Cities and the nation.

As always, we'll be expecting pro teams again this year. Stay tuned to see who is slated for an appearance. With American cycling out front on the pro-cycling scene, hopefully we can attract some big names for this year's edition of the Midwest's Best Race.

We'll continue the tradition of treating the "world's best volunteers" with a post-race party with the site and date to be determined.

The start and finish service from last year, Ten Speeds Productions, will return, bringing new state-of-the-art equipment to capture those exciting sprint finishes that we all love, plus two canopies and an awards stage in the middle.

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We will do expanded ceremonies at the end of each race for podium photos for sponsors and racers, with the help of local podium girls.

The long-time tradition of the best Wheel Pit in the United States, dubbed "Mud or Blood" will again be in use, along with a neutral support station south of the wheel pit.

We've revised the race program, so in addition to the men and women's feature races as the last races of the day, we've added a women's Category 2/3 race to allow women more chances at some great competition and prize money.

We're also adding a Public Service Race for police, paramedic and hospital crews with bicycle personnel on staff. They'll race in their uniforms on department-issue bikes, competing for a traveling trophy and bragging rights.

Again this year, the featured men's race will include the QCBC "Hot Spots Sprints" to spice up the action. We've separated Category 4 and 5 men's races to include two masters' races for those categories and will continue the 60+ race as well.

One of the best surprises is that we'll be "a LAJORS" race this year. That means we'll be a part of the Lance Armstrong Juniors Olympic Road Race Series, which will give Juniors series points for possible inclusion in Olympic training camps for possible selection to the Olympics. Very cool!!

Some stabilizers include being part of the Illinois Cycling Association and Iowa Rider of the Year point's series. We have Kenny Labbe and Roger DeLanghe as our colorful announcers, the Vietnam Veterans Honor Guard, a wide variety of food and vendor booths, and other attractions to be announced.

The QC Criterium presented by Criterium Financial is the last race on Memorial Day weekend, which starts with the Burlington Road Race on Friday, Snake Alley Criterium Saturday, and Melon City Criterium on Sunday.

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## Key Contacts

**Quad Cities Bicycle Club**  
P.O. Box 3575  
Davenport, IA 52808  
<http://www.qcbc.org>

### Officers:

President - Dean Mayne (563) 355-0995 or [e.mayne@mchsi.com](mailto:e.mayne@mchsi.com)  
Vice President – Phil Schubbe (563) 359-5057 or [pshubbe@aol.com](mailto:pshubbe@aol.com)  
Recording Secretary – Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)  
Treasurer – Darlene Moritz (563) 386-3499 or [qcbc\\_treas@yahoo.com](mailto:qcbc_treas@yahoo.com)

### Board Members:

Denise Deuthman (563) 441-0131	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Dave Georlett (309) 781-8142	Charlie Sattler (563) 391-3422
Terry Burke (309) 797-3790	John Harrington (563) 940-6023	John Wessel (563) 359-8350

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

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

**Club Meetings:** Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or [pshubbe@aol.com](mailto:pshubbe@aol.com).

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please try to limit your article to 1 page in length. Email to: [qcbceditor@yahoo.com](mailto:qcbceditor@yahoo.com) or send to: Jackie Chesser, ATTN: QCBC Newsletter, 21008 94th Ave N, Port Byron, IL 61275. Free Want Ads are available for members. Commercial ads are available at the following rates: ¼ page - \$25, ½ page - \$50, and a full page - \$100.

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

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual issue of Ride Schedule and Membership Directory booklet, 10% discount at QC area bike shops, ability to use LAB “Bikes Fly Free” program on selected airlines and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



<http://www.iowabicyclecoalition.org>

<http://www.bikeleague.org/>

<http://www.bikelib.org/>

### Ragbrai Workers Needed

Ragbrai is fast approaching. Perm and Andy Horst expect another exciting year, with the ride ending in Le Claire and Lance returning.

Matt Truitt and his two helpers will not be support drivers this year. Replacements are needed. A salary is available. For more information e-mail Andy at: [go4st8@aol.com](mailto:go4st8@aol.com) or call (563) 381-3488.

**For Sale:** Two tandems, a Co-Motion (Road) Cappuccino w/sofride \$1,800  
And a Trek(Hybrid) T-100 for \$600. For more information, call Michael Zugmaier at (563)508-2834.



## From the Headset: By Dean Mayne, QCBC President e.mayne@mchsi.com

### - Advocating for Safe Places to Ride

If you're interested in getting around with your bike, then you need safe places to ride.

Ever wondered why you rarely hear about bicycles in Green Marketing Plans? To us it's just too obvious. As our cities and population get larger, and our streets get crowded, we struggle for space and safe routes to ride.

As gas prices inch closer to \$4 a gallon, and we look for ways to decrease our impact, bikes become a greater means to meet our needs.

That's exactly why we have organizations like LIB, IBC and QC-TAG working for us - to let public officials know we are interested in bicycle friendly communities that are safe, healthy and accessible.

### - Here is a challenge!

Consider riding your bike for trips that are two miles or less. Check out Cliff Bar's 2 mile Challenge and Trek Bicycle's One World Two Wheels Programs. <http://www.youtube.com/watch?v=Zz3zMzVdIX8> and <http://www.1world2wheels.org/>

### - Ride Leaders Needed!

Please share your experience with others. We need ride leaders for our first quarterly ride schedule. If you have a favorite route and a desire to share it with others, look for the "Lead a Ride," section in this newsletter and on our Web site. Please volunteer!

### - New Ride Schedule Format

You've seen last month's ride schedule. It's simplified, neat and tidy. Thank Kathy Storm for sorting and reformatting the material. The schedule will be posted in six-week segments in Pedalwheeling, and quarterly on our Web site.

### - QCBC Directory Redesign and Proof Reading

The '08 Ride Schedule and Club Directory Team is working hard to put the finishing touches on the '08 Club Directory. Please take a moment to thank the team - Warren Power, Tim Carey, Kathy Storm, Vivian Norton, Mike Desch and Phil Schubbe

### - TOMRV

The Tour of the Mississippi River Valley will be here before you know it. Please prepare and sign up early.

### - Spring Tune-ups

Get those bikes out of the garage or basement and into the shop for a proper check up. Your dependable ride and safety could depend on it.

### - March and April Club Meetings

I hope many of you joined us for the March 18 club meeting. We're trying to create more opportunities to get together. We want to thank Healthy Habits and Mr. Moon for teaching us about bike maintenance.

Also thanks to Donnie Miller for his bike safety tips. As Donnie can attest, there are simple things we all can do to protect ourselves on the streets. Lastly, thank Jeff Cornelius for giving us an update on QC-TAG and Complete Streets proposals being presented to Davenport and Rock Island City councils.

### - Spring Picnic Activities:

The picnic will be from noon to 4 p.m. Sunday, May 4, at the Illiniwek riverfront pavilion. We are inviting any potential new members to join us for a picnic and ride.

We've always had an open-door policy for new riders, but we are getting serious with our membership drive and trying to keep the public informed and encouraged to participate.

Join us for a ride and picnic. Fast, Mid-paced, Family Leisure Ride, and Swap Meet. Bring yard games, lawn chairs, and a dish to pass. Bring used bikes and equipment to swap and sell. QCBC will provide tableware, meat and soft drinks. Come socialize.

### - Talking About RAGBRAI.

Donnie Miller is our RAGBRAI Ride Right coordinator. He can tell you that preparing the public for a full press invasion of 10,000 cyclists is something to present with a positive spin.

As cyclists, we're going to be asked frequent questions about this event. Please remind people, or the press, that this is a great cycling awareness event. It brings a lot of people and money to our community, and we want to make a good impression. It may well mean we have to change our patterns for at least half a day as RAGBRAI enters our riverfront community. Plan ahead, be prepared, and expect a little congestion in downtown LeClaire until early afternoon.

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# Fixie puts me in august company

By Scott Swanson

In anticipation of my tax rebate, and with awareness of the intent of our Commander in Chief that I spend it on consumer goods instead of merely reducing debt, I took it as my patriotic duty to buy another bicycle.

It's been more than a year, so I was due, right?

The latest and greatest? No. The most expensive? Hey, this is the rebate we're talking about (or "prebate," in my case). So what did I have in the stable? Road bike, check. Mountain bike, check. Cyclocross bike, see previous, check. Fixie ... hmmm ... bingo!

I still have that big red bike (anyone need a classic 67cm frame?), and I had thought of making it into a "fixie," or at least a single speed. Running some numbers (with some good advice from a friend) showed that I would have spent about as much on that build as a new bike.

And the frustration level would be much lower. Another really good reason is that I visualized my rear hanger, a much-abused part, snapping off while on the track or even on the street. Savings by cheaping out? Negligible. Keeping my jaw in one piece? Priceless.

So, here I am, the proud owner of a Surly Steamroller. All of one speed. No freewheel (unless I flip the hub). The thought of a fixed gear scares me a bit, but that's a good thing, something to work around.

I'll run around on the flats for a while and then take it to Northbrook to the velodrome and really scare myself while imagining I'm following the wheels of Major Taylor and Erik Zabel.

As my mind often goes where it will, it starts to wonder just how long bikes have had freewheels. It turns out the first patent was taken out in 1869 and was commercialized by Ernst Sachs in 1898. Internally-gearred hubs were showing up about the same time.

So, when the Wright Brothers started building their own models in 1895, they probably were fixies.

So, when the Wright Brothers started building their own models in 1895, they probably were fixies.

Did you know Orville Wright was a track racer, and that the brothers had had their own printing and publishing company before they started a bicycle repair and rental shop?

Racing and touring led them into the bicycle business and later to the business of changing history.

Francis Willard learned to ride a bicycle in 1893 at age 53. That implies she learned on a fixie, and in long skirts, no less. Her experiences led her to write a book describing the power and enlightenment that came from riding a bicycle.

George Santayana is credited with saying (in 1905) that those who cannot remember the past are condemned to repeat it. In this case, riding a fixie puts me into some rather august company, and I would be privileged to contribute to history in even a minor fashion.

And while I won't be freewheeling, I will be free-spirited.



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801 STATE ST BETTENDORF  
allsports1@qwestoffice.net



## Tailwind Ride, April 26

Ride like the wind. It's fun and very rewarding to ride 100 miles with the wind at your back. A bus will take riders out 100 miles and we will ride back to the Quad-Cities. Rain date is Sunday, April 27, rain or shine.

Sign up early as the ride is limited to the first 94 people. Deadline to register is April 12. You must be prepared to ride the entire 100 miles as we do not offer SAG services. We'll bicycle from one of four locations, depending on which way the wind is blowing.

Bicycles will be loaded onto a truck between 5 and 5:30 a.m. and everyone needs to be on the bus for a departure time of 6 a.m. We will leave from one of two locations, Ben Butterworth Parking Lot near Case IH in East Moline or Scott Community College in Bettendorf. Please bring a blanket to protect your bicycle during transportation. You can reclaim your blanket and any other personal items at the end of your ride. Remove all personal items from the bus. Anything you plan on leaving behind (at the start of the ride) needs to be put on the bike transportation truck. This year, to provide greater security, we will provide a locked trailer for your items at the end of the ride. The combination for the locked trailer will be on your cue sheet.

How do we know where to meet? The information will be posted on the QCBC Web site: [www.qcbc.org](http://www.qcbc.org) after 5 p.m. Friday, April 25. Or you can call (563) 359-8350 for a recorded message. If the ride is postponed to a Sunday departure, this information may be obtained in the same manner.

Be sure you are on the bus by 6 a.m. for a prompt departure. We will be traveling approximately two hours. A morning snack will be provided during the bus ride. We should arrive at our destination around 8 a.m. Cue sheets will be passed out on the bus. Please check your cue sheet for the lunch location and serving times. A nice lunch will be provided at approximately the half-way point. Also, check your cue sheets for emergency telephone numbers.

The cost for the ride is \$22 per person. Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9<sup>th</sup> St., Moline, IL 61265. Any questions can be addressed to Jewel Bryan at (309) 762-4762 or [jewel@wpcco.com](mailto:jewel@wpcco.com)

Your Committee of Charles Curry, Dave Georlett and John Wessel are hoping you will join them for this fun ride.

**Registration and waiver on page 6**

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### Criterion, contd. from page 1

However, the best stabilizers of all are outstanding QCBC volunteers who set-up and tear-down the course, marshal corners and pedestrian walks, register riders, sell T-shirts, staff the wheel pit, and do many other tasks that make this great race a success.

In addition to a full day of entertainment, volunteers get an official Quad Cities Criterion T-Shirt, invitation to the volunteer party, and vendor coupons.

To volunteer, call or email:

- Corner marshal: Gary Jones, (563) 359-5614 or [jonesgaryd@johndeere.com](mailto:jonesgaryd@johndeere.com).
- Registration: Vivian Norton, (563) 355-1899, or [vjoan@worldnet.att.net](mailto:vjoan@worldnet.att.net)
- T-shirt sales: Dennis or Karen Baber, (309) 797-2476, [baber@copper.net](mailto:baber@copper.net)
- Wheel pit: Walt Dethlefs, (309) 507-2963, [dethlefs@mchsi.com](mailto:dethlefs@mchsi.com)
- Prize desk: Doug Nelson, (563) 359-3253, [dougnelsonmai@mchsi.com](mailto:dougnelsonmai@mchsi.com)
- Volunteer coordinator: Jewel Bryan, (309) 762-4762, (w) 309-236-4527 (c), [jewel@wpcco.com](mailto:jewel@wpcco.com)

People still are needed to head course setup, teardown, kids & trikes and the bike rodeo. If you're interested in taking charge of any of these, call Donnie at (309) 737-8270

Lots of volunteers are needed to make this all happen. Please call and volunteer. Volunteers are what makes great events even better!

## Application and Release Waiver for April 26 Tailwind Ride

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Daytime Telephone \_\_\_\_\_

Here's my \$22. Register me for the April 26 Tailwind Ride.

Make your check out to Quad Cities Bicycle Club and mail, along with your signed waiver, to John Wessel, 333 - 9<sup>th</sup> Street, Moline, IL 61265. Any questions can be addressed to Jewel Bryan at 309-762-4762 or [jewel@wpcco.com](mailto:jewel@wpcco.com)

### EVENT PARTICIPANT / VOLUNTEER ACCIDENT WAIVER AND RELEASE OF LIABILITY

(To be signed by all event participants and volunteers)

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

**I agree to obey all traffic laws of the hosting state and to wear an approved helmet while cycling in this event.** I certify that I am physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the Event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this Event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: A) Waive, Release, and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Quad Cities Bicycle Club, its directors, officers, employees, volunteers, representatives, and agents, the Event holders, Event sponsors, Event volunteers and all state, county, and municipal agencies responsible for maintenance of the highways upon the Event itinerary (hereafter referred to as Releasees); and (B) Indemnify and Hold Harmless the entities and persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this Event, whether caused by the negligence of Releasees or otherwise. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this Event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors organizations and assigns. The Accident Waiver and Release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

**I HAVE READ THIS RELEASE AND I UNDERSTAND ITS CONTENT**

\_\_\_\_\_  
**Print Participant's Name    Age    Signature of participant    Date**

(if under 18 years old, Parent or guardian must also sign below)

### PARENT/GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD)

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

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



# Pushing for Pedaling

Promoting bicycling advocacy  
By Chuck Oestreich

Alas, poor Bettendorf.

Bettendorf is a wonderful community – growing housing, good schools, booming commercial areas. But it's not a very good place to ride a bike. Except, of course, on its shared-use trails - along the Mississippi and Duck Creek in particular.

But to ride through the community on a bike for transportation purposes can be daunting. Its east-west streets, for the most part, are difficult to bike. State and Grant, Middle Road, Spruce Hills, 53rd, all are inflated with traffic and not amenable to bicyclists.

Going north-south is almost as bad. Avoid many stretches of Kimberly Road, Utica Ridge, 18th Street and Devils Glen Road.

Also, the major commercial areas are afflicted with rampant traffic. Take your life in your handlebars going to 53rd and I-74. The same is true for the mega-mess around Spruce Hills and I-74.

So what's a guy or a gal on a bike to do?

The trumpet calls sounds. It's "Metro Map" to the rescue. Thanks go to the dedicated bikers who know the Bettendorf territory and who worked on the map. By following their leads you can maneuver, however delicately, through this city, which for most of its growth, was molded too much by the automobile.

Let's start by going south from way north in Bettendorf. The Metro Map route uses a series of quiet residential streets hidden between the busy arterials of 18th Street and Devils Glen Road.

From Forest Grove and Eagle Ridge, take Eagle Ridge through a series of short segments (including a very short half-block on 53rd Ave.) all the way to Maplecrest.

From there, head east to Devils Glen to Belmont Road. Continue on Belmont to Pleasant Valley High School, Scott Community College, and eventually Valley Drive and its access to the countryside up river from the Quad-Cities.

Or, if you're interested in getting to the Duck Creek Trail or downtown, take 56th Street to 18th Street and head south on 18<sup>th</sup> to Crow Creek (Yes, 18th does become busy south of 53rd.)

Go west, leave Crow Creek at Greenbriar and bike through this pleasant street of nice residences. Greenbriar hits busy Spruce Hills Drive, but a quick half-block west puts you on Hillcrest. Take a left on Olympia and a right on Skyline Drive, and you will be on the trail.

Once you're on the Duck Creek Trail, two good streets can lead you to downtown and the Mississippi River Trail: Take 18th or 23rd streets. In far east Bettendorf, 6th Street (from Middle Road) also is a good route to the river.

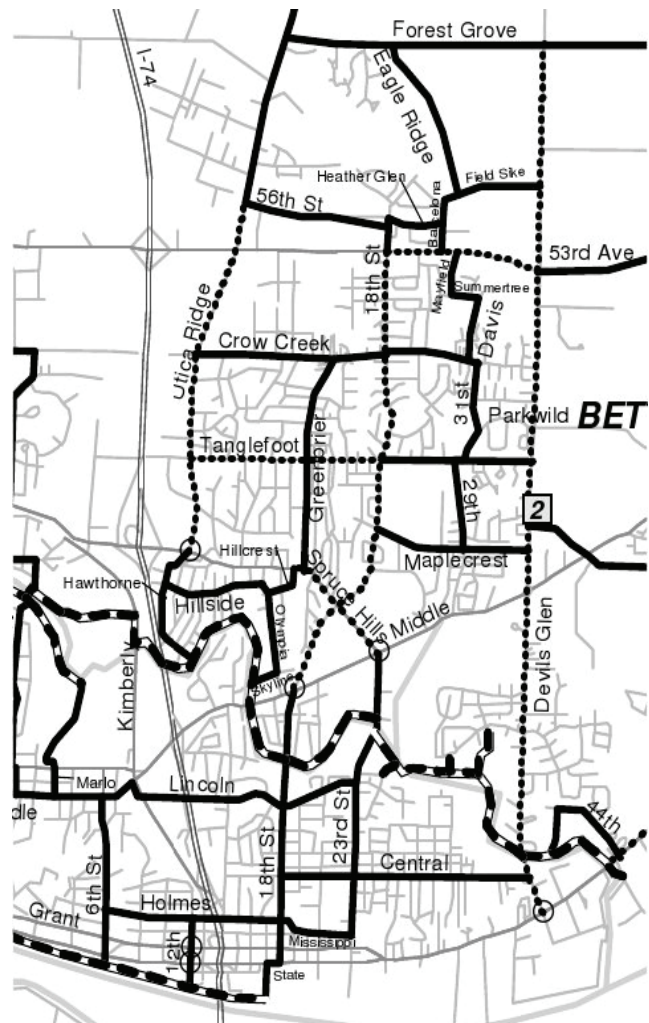
For going across Bettendorf west to east, choices are limited. The Duck Creek Trail goes all the way through the city, from Davenport to Riverdale, but it meanders, adding about a mile to a cross-town trip.

Between the Mississippi and Duck Creek, however, lies a reasonable, shorter route on city streets. Go from Middle, to Lincoln, to 18th, and then west on Central to Devil's Glen Road and Park.

To the north of Duck Creek, Crow Creek is acceptable almost all the way to Devils Glen, but it seems to be getting busier every day.

Way north, 56th Street - newly carved - is clear until 18th. Then use residential streets to maneuver to Devils Glen.

To its credit, Bettendorf is working with a vision to strengthen its growing set of trails and connect its trails and parks with complete streets.



# Step up and Lead a Club Ride

**By Kathy Storm**

Spring finally is starting to arrive. And that means many of us will be heading outdoors to ride.

The Ride Schedule Committee is taking a new approach this year. Instead of putting together the entire ride schedule for April 2008 - March 2009, we are taking a quarterly approach.

The ride schedule will appear in the newsletter and on the Web site. The newsletter will contain about six weeks worth of club rides and the Web site will have the entire schedule as a "work in progress".

We again will offer many of our popular weekly rides including the Leisure, Mid- and Fast-Paced weekend rides. But we need help. We'd like you to step forward and lead a ride or two this year.

We encourage you to share your favorite routes with others in the club. Cycling is a sport you can do by yourself, but it's also one that is fun when shared with others who also like to ride.

To volunteer to lead a ride, submit the following information to a special email box we have set up at [qcbc.clubrides@yahoo.com](mailto:qcbc.clubrides@yahoo.com). and copy the appropriate ride coordinator listed below. All we need from you is:

- Date of the ride
- Start time
- Approximate length of the ride
- Pace of the ride
- Starting location
- Your name and telephone number
- Short description of where the ride will go

You don't need to submit a route ahead of time; just an approximate mileage. A few weeks before the ride, determine the route and have that available the day of the ride.

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## Headset, contd. from page 3

Dan Manley has been instrumental in preparing his community in Clinton, in years past, and provided an experienced perspective. Donnie and Dan have been assisting the RAGBRAI committee and may be calling upon our help this summer.

- Bike Month is May, Bike to Work Week is May 10-16

Get your friends, family, or company involved in a nationwide challenge. Learn how to prepare and plan a route, and how to ride safely on the streets. Sign up for Bike to Work and Bike Month activities. Information will be posted on [QCBC.org](http://QCBC.org), <http://quad.cities.tag.googlepages.com> and [BikeIowa.com](http://BikeIowa.com)

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## Bikes on Parade

Chicago had its Cows on Parade. Now, LeClaire will have Bicycles on Parade to salute RAGBRAI and the Quad-Cities bicycling community.

The LeClaire Chamber of Commerce is seeking donations of 100 bicycles by April 30. Bikes may be in any condition and will be painted, decorated and placed as art in downtown LeClaire to greet summer visitors and riders in RAGBRAI, which will end in LeClaire Saturday, July 26.

Donated bicycles may be dropped off in the fenced area of LeClaire Public Works 7 a.m. to 3 p.m. Monday-Friday. The public works facility is on Iowa Drive, which is behind the Mississippi Valley Welcome Center.

For more information, call Pam Ellis (563) 322-3911 Ext. 118.

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## Donnie Miller Named League Cycling Instructor

Des Moines, IA., Oct. 5, 2007—Donnie Miller of the Quad Cities Bicycle Club (QCBC) has earned the prestigious certification of League Cycling Instructor from the League of American Bicyclists, a 125-year-old national bicycling organization.

"Mr. Miller has completed in-depth training on teaching skills for cycling in traffic, on trails and with groups of riders," said Bill Nesper, education program manager for the League of American Bicyclists. "Donnie will now be able to train all levels of riders how to confidently and effectively cycle for fun, fitness and transportation."

LCI seminars educate participants on how to teach bicycle safety and skills to all levels of riders rather than focusing on technical bicycling knowledge. The League Cycling Instructor designation is only given after a person qualifies for, and excels in, an intense three-day education seminar.

"League Cycling Instructors are the backbone of the League's education program," said Andy Clarke, executive director of the League of American Bicyclists. "Donnie Miller has demonstrated a proficiency in teaching, a love of cycling, and a willingness to share these skills with other riders." Experienced cyclists interested in teaching others how to ride safely are eligible to apply for the seminar. A prerequisite is completing the League's Road I course.

Donnie Miller has been a member of the Quad Cities Bicycle Club (QCBC), and DICE for a number of years and has been riding for over 35 years. For more information on Road I courses taught by Donnie Miller visit [www.bikeleague.org](http://www.bikeleague.org) or call Donnie @ 309-737-8270.



# Spring Means it's Time to Tune up the Bike

By Bruce Grell

Healthy Habits Bicycles and Nutrition

Spring is on us like Errol n a pancake breakfast, so the time is now, to have a little maintenance done to your bike. You know, that thing you hung up for what seemed to be a never-ending winter.

There are some things that you should do whether on your own or at your FLBS (Favorite local Beer Bike Shop).

- New cables and housing: They can make your bike feel new and are one of the most neglected components of the bike. They don't last forever, and when worn make your bike shift sluggishly.

- Replace that chain: They also don't last forever, and with the 10-speed drive trains, a chain in good shape shifts much crisper. Let it go too long and you can have premature wear on the bike's gearing, which can cost a lot.

-Tires: If they have a flat spot down the middle, or are cracking on the sides, get rid of them. Your friends will berate you if you stop the ride because of a flat with a paper thin tire tread (as well they should). Also no one wants to be stuck on a rural Scott County road and have to call for a ride because they were too cheap to buy new tires. How embarrassing!

- Brake pads: What can I say? If they don't work well, you can't stop in time to miss that car that decided to take a left right in front of you. Make sure they are in good shape or get new ones. Enough said.

- Wheels: Modern wheels are incredibly durable, but should be checked over occasionally by a competent mechanic to make sure the bearings are adjusted properly, wheels are true, and rims are in solid working order (no cracks at the nipples and no excessive wear on the brake surface). Also, make sure the cassette lock ring is tight!

A competent mechanic at a reputable shop can address all of these issues during a tune-up and inspection. Keeping your bike in solid working order also makes your whole riding experience better, which is why we do it, right Errol?



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## Round 'em up for Bike Rodeo

By Donnie Miller

Have you or someone you know had troubles riding a bicycle and now are too afraid to ride anywhere? Unsure how to negotiate a pothole in traffic or make emergency maneuvers to keep safe?

Get answers on how to handle these situations at the Quad Cities Bicycle Club all-ages bicycle rodeo on Sunday, May 25, as part of the Quad Cities Criterium presented by Criterium Financial.

The rodeo will be from 10 a.m. to 2 p.m. in The District, where there also will be bicycling memorabilia vendors, advocacy groups, and food and beverage vendors.

The rodeo will teach children and adults alike to wear a helmet, do a quick check of the bike, and practice scenarios to enhance skills needed to ride safely in all situations.

Whether it's a child riding sidewalks and dealing with the "Dangerous Driveway," or teens and adults learning how to negotiate a left turn from a left-turn lane or lane positioning, most problem areas will be worked on.

The rodeo will help people feel better about riding a bicycle in areas they might not have felt comfortable riding in. Everyone should enjoy the benefits of cycling. Whether it's riding to school or work, predictable behavior on the road can save one's life.

Please encourage your local school, PTA/PTOs, and other organizations that promote good health to come and enjoy the benefits of riding a bicycle during our Memorial Weekend of Bicycles.

The rodeo is free and will offer many activities to try that weekend. Children also will get a certificate to race free on Monday, during lunchtime at the Criterium.

Volunteers are needed, so anyone interested in helping to teach someone how to safely ride a bike can e-mail Donnie Miller at [bicycleracr@mchsi.com](mailto:bicycleracr@mchsi.com) or call him at (309) 737-8270.

## Welcome New QCBC Members!

Mark and Connie Chamley, Bettendorf ,IA 563-441-9358  
 William Lundie, Bettendorf ,IA 563-332-7602  
 Carolyn Schulze, Bettendorf ,IA 563-320-6491  
 Andrew Scully, Bettendorf ,IA 563-650-7757  
 Rick Paulos, Cedar Rapids ,IA 319-364-5644  
 Nadine Banfield, Dubuque ,IA 563-495-0341  
 Connie Mclean, LeClaire ,IA 563-289-9068  
 Kale Brockmann, Walcott ,IA 563-650-2883  
 Christopher Hebel, Port Byron ,IL 309-523-3136

If you have problems getting your hard copy newsletter in the mail, contact Charlie Sattler at (563) 391-3422 or [csattler14@msn.com](mailto:csattler14@msn.com). Charlie prints the labels for the newsletter and mails them.

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](http://www.qcbc.org).

### By Kathy Storm

April starts the Ride Schedule format. Please check dates and times carefully as there are no hard and fast “rules” about when rides are offered. The coordinator will decide when the ride starts. So those who have said “QCBC rides start too early/late” can lead a ride at the time of day you’d like to start. All you have to do is volunteer to lead that ride.

Since we switched to daylight savings time a few weeks earlier this year, and since the Tailwind and TOMRV also are earlier, I decided to start the Tuesday and Thursday evening rides a few weeks earlier as well.

Vivian Norton also added some Leisure Rides to the April schedule. We’re trying some new “twists” this year. Please give us some feedback and be proactive.

Another change is removal of the reference to a start at the east end of the Ben Butterworth Parkway as being near the “Case/IH” or “CNH” plant. The plant has been torn down and QC newcomers may not know what we’re talking about. This location now is being called “East end of Ben Butterworth Parkway, Old River Drive and 55th Street Moline”.

Remember the Web site will have the most updated ride schedule posted. Hope to see you on a club ride soon!

## Membership Count: 03/2008

Number of:	Members	Memberships
Individual	405	406
Couple	332	166
Family	356	96
Complimentary	20	20
Life	7	4
Total	1120	692

### 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.

## Coming Events

- **Saturday, April 26:** 100 Mile Tailwind Ride
- **Sunday, May 4:** Spring Picnic
- **Monday, May 26:** Criterium
- **Saturday and Sunday, June 7-8:** TOMRV
- **Sunday, June 15:** Ride the River
- **July 20-26:** RAGBRAI
- **Saturday, Sept. 13:** Heartland Century

# April Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Wed Apr 2	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wednesday Morning Ride</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Apr 5	9:00 AM	20 miles 10-13 mph	Duck Creek Park, Davenport. Take Marlo Ave. entrance into park. Take park rd. to the shelter at bottom of hill.	Vivian Norton 563-355-1899	<b>Saturday Morning Ride – Leisure</b> Start at Duck Creek Park, ride to Emeis and stop for a snack.
Sat Apr 5	9:00 AM	27 miles 14-16 mph	Eastern Ave. Park, Duck Creek Parkway, Davenport	Bill & Kathy Storm 563-355-2564	<b>Saturday Morning Ride – Mid Paced</b> Ride to Le Claire using trail & highway
Sat Apr 5	9:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Parkway, Davenport	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 6	9:00 AM	32 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Ken Urban 563-326-3427	<b>Sunday Morning Ride – Mid Paced</b> Ride to Cordova & back. Flat route.
Sun Apr 6	9:00 AM	30+ miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 6	1:00 PM	27 miles 10-13 mph	Colona Grade School, Colona, IL	Jim Ulmer 309-796-0737	<b>Sunday Afternoon Ride – Leisure</b> Usually includes a snack stop.
Wed Apr 9	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Apr 12	9:00 AM	20 miles 10-13 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Dodie Robers 309-755-9197	<b>Saturday Morning Ride – Leisure</b> Ride Butterworth Parkway. Ride to Sunset Park and back.
Sat Apr 12	9:00 AM	14-16 mph	North Scott HS, Eldridge, IA	Determined by riders	<b>Saturday Morning Ride – Mid Paced</b> Rider's choice
Sat Apr 12	9:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Parkway, Davenport	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 13	9:00 AM	30+ miles 14-16 mph	Colona Grade School, Colona, IL	Determined by riders	<b>Sunday Morning Ride – Mid Paced</b> Riders choice
Sun Apr 13	9:00 AM	30+ miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> No breakfast stop
Wed Apr 16	9:00 AM	25+ miles	McDonald's on Kimberly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Sat Apr 19	9:00 AM	25+ miles 10-13 mph	Leach Park, 12th St. Bettendorf by boat launch. (near I74 on Miss. River)	Vivian Norton 563-355-1899	<b>Saturday Morning Ride – Leisure</b> Ride to Buffalo for breakfast
Sat Apr 19	9:00 AM	45 miles 14-16 mph	Orion High School Orion, IL	Deb & Dean Mathias 309-787-6547	<b>Saturday Morning Ride – Mid Paced</b> Ride to Bishop Hill.

**Check web site for updates and additions to this new monthly ride schedule format.**  
**Last updated 3/16/08**

# April Club Rides

Sat Apr 19	9:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Park- way, Davenport	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 20	9:00 AM	30+ miles 14-16 mph	Eastern Ave. Park, Duck Creek Park- way, Davenport	Determined by riders	<b>Sunday Morning Ride – Mid Paced</b> Ride to Buffalo for breakfast
Sun Apr 20	9:00 AM	30+ miles 16+mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 20	1:00 PM	20 miles 10-13 mph	Sunset Park, Rock Island. 31st Street parking lot.	Ruth Sanders (309) 738- 9900	<b>Sunday Afternoon Ride – Leisure</b>
Tue Apr 22	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Res- taurant, Eldridge, IA	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Apr 23	9:00 AM	25+ miles	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu Apr 24	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Combined</b> Rider's choice
Sat Apr 26	5:30 AM Load 6:00 AM Bus Departs	100 miles	Call Fri, April 25th after 5pm for start location: 563-359-8350	Dave Georlett 309-781-8142	<b>QCBC Annual Tailwind Ride</b> One day century ride with the wind at your back. Take bus to start. You must pre-register. Details on page XX
Sat Apr 26	9:00 AM	23 miles 10-13 mph	Empire Park, Hamp- ton, IL	Joy Duex 563-326-3050	<b>Saturday Morning Ride – Leisure</b> Ride to Cordova and back using trail.
Sat Apr 26	9:00 AM	35+ miles 14-16 mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	<b>Saturday Morning Ride – Mid Paced</b> Rider's choice.
Sat Apr 26	9:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Park- way, Davenport	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> No breakfast stop
Sun Apr 27	9:00 AM	14-16 mph	Boat Launch along Great River Trail, Rapids City, IL	Determined by riders	<b>Sunday Morning Ride – Mid Paced</b> Rider's choice.
Sun Apr 27	9:00 AM	30+ miles 16+mph	East end of Ben Butterworth Park- way, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b>
Tue Apr 29	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Res- taurant, Eldridge, IA	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed Apr 30	9:00 AM	25+ miles	McDonald's on Kim- berly Rd at Eastern Ave., Davenport	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride – Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.

**Check web site for updates and additions to this new monthly ride schedule format.**  
Last updated 3/16/08

# May Club Rides

<i>Date</i>	<i>Time</i>	<i>Distance</i>	<i>Start</i>	<i>Leader</i>	<i>Description</i>
Thu May 1	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Combined</b> Rider's choice
Sat May 3	8:00 AM	14-16 mph	Clark's Landing Restaurant, Buffalo, IA	Determined by riders	<b>Saturday Morning Ride – Mid Paced</b> Rider's choice
Sat May 3	8:00 AM	30+ miles 16+mph	Airport Park, Moline. Indian Bluff Rd., south of QC Airport.	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> Rider's choice
Sun May 4	9:00 AM	20 miles 10-13 mph	Illiniwek Park, Hampton. Off Rte 84.	Vivian Norton 563-355-1899	<b>Sunday Morning Ride – Leisure</b> Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	8:00 AM	40-45 miles 14-16 mph	Illiniwek Park, Hampton. Off Rte 84.	Bill & Kathy Storm 563-355-2564	<b>Sunday Morning Ride – Mid Paced</b> Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	8:00 AM	30+ miles 16+mph	Illiniwek Park, Hampton. Off Rte 84.	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> Ride and return to park for club picnic. Bring a dish to pass.
Sun May 4	2:00 PM	4 – 10 miles 8-10 mph	Illiniwek Park, Hampton. Off Rte 84.	Dean Mayne 563-355-0995	<b>Family Ride</b> Parents and their children are invited to join this afternoon ride on the Riverfront bike trail.
Sun May 4	12:00 – 4:00 PM	N/A	Illiniwek Park, Hampton. Off Rte 84.	Dean Mayne 563-355-0995	<b>Spring Picnic</b> Club provides meat, rolls, beverage, tableware. Bring a dish to pass.
Mon May 5	5:30 PM	N/A	Gravel Parking Lot on Scott Park Rd, just north of Mt. Joy Rd.	Ken & Julie Urban 563-326-3427	<b>Adopt a Highway Trash Pickup</b> Wear work clothes, sturdy boots and gloves. Rain date is May 12th
Tue May 6	5:30 PM	20-25 miles 14-16 mph	Happy Joe's Restaurant, Eldridge	Determined by riders	<b>Tuesday Evening Ride – Combined</b> Rider's choice
Wed May 7	8:00 AM	25+ miles	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499	<b>Wed. Morning Ride - Combined</b> The riders will determine the ride leader, distance & pace. Breakfast stop planned.
Thu May 8	5:30 PM	20-25 miles 14-16 mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Thursday Evening Ride – Combined</b> Rider's choice
Sat May 10	9:00 AM	20 miles 10-13 mph	City Park on Main St. in Port Byron	Dottie Willits 309-797-1256	<b>Saturday Morning Ride – Leisure</b> Ride to Excelon plant. Usually includes a breakfast stop.
Sat May 10	8:00 AM	35-45 miles 14-16 mph	Geneseo City Park, Geneseo, IL	Tim Carey 920-209-1984	<b>Saturday Morning Ride – Mid Paced</b> Ride to Cambridge or Prophetstown depending upon direction of wind.
Sat May 10	8:00 AM	30+ miles 16+mph	Eastern Ave. Park, Duck Creek Parkway, Davenport	Determined by riders	<b>Saturday Morning Ride – Fast Paced</b> No breakfast stop
Sun May 11	8:00 AM	35+ miles 14-16 mph	Crow Creek Park, Bettendorf	Determined by riders	<b>Sunday Morning Ride – Mid Paced</b> Rider's choice
Sun May 11	8:00 AM	30+ miles 16+mph	East end of Ben Butterworth Parkway, Old River Dr. and 55th St. Moline	Determined by riders	<b>Sunday Morning Ride – Fast Paced</b> No breakfast stop

**Check web site for updates and additions to this new monthly ride schedule format.**  
**Last updated 3/16/08**

Pedalwheeling • 2008  
**Quad Cities Bicycle Club Membership Application**

(Please print using blue or black ink)

New Application                                      Membership Type:    Individual \$20/Year  
 Renewal Application                                       Couple \$20/Year  
Date of Application \_\_\_\_\_                                       Family \$20/Year  
Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
(Incl. Area Code)

**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                       League of Am.                       League of IL Bicyclists     IA Bicycle Coalition         FORC  
Bicycling Organizations                      Bicyclists

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

Presorted Standard  
US Postage Paid  
Permit No. 3006  
Davenport, Iowa

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

## Coming Events

- **Saturday, April 26:** 100 Mile Tailwind Ride
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- **Monday, May 26:** Criterium
- **Saturday and Sunday, June 7-8:** TOMRV
- **Sunday, June 15:** Ride the River
- **July 20-26:** RAGBRAI
- **Saturday, Sept. 13:** Heartland Century

