



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — October 2009

Craig C. Schultz Memorial 40K Time Trial Championships

By Donnie Miller

It was a great weekend for racing— cool and fast for some record breaking times for men and women.

The weather had a low at 63 and a high of 70. The average wind speed was 7.5 mph with gusts up to 22 mph out of the W/NW, which on the Cordova course, we felt in every direction.

Otherwise, it was a beautiful, mostly sunny day. We had a lot of racers do both days, and we thank you a bunch. We also had a few more tours of the QC's due to the I-80 Bridge. (See Saturday's report on page 7).

Most of you may have noticed a name change to this established race. This race used to be called the QCBC/DICE 40K TT Championships, but a few weeks after last year's race, one of our cycling brothers had his life taken by a motorist not paying attention to the road while driving.

Traveling at a high rate of speed on a clear and sunny Thursday morning, the driver killed my friend, Dr. Craig Schultz, and then left the scene.

Craig was preparing for the Iowa State Time Trail Championships in Nichols, Iowa. that coming weekend. The Cordova course was similar to the one Craig was going to race a couple of days later. Unfortunately, Craig never made it.

As an emergency room doctor, Craig had helped save many people who had been involved in similar accidents.

Anyone who knows me well, knows this is one of the reasons I quit the corporate world, to help spread the message that cyclists are people too, and have a legal right to the roads, as a "SLOWER MOVING, ROAD USER."

Please help spread the word; talk to elected officials and friends/family/neighbors, and become a "Change Agent" to help educate about bicycle safety, so nobody else has to go through what Craig and his family went through. So, from now on, we will memorialize Craig with this race.

As usual, we have some great volunteers that help us put on great events. Starting with registration, I could not get most of this done without my better half ,Lisa Wessling, who puts up with my frantic behavior every race weekend.

Thank you for the awesome job you always do and being the best registrar around next to Rick Paulos, who has about 30 years experience on you. Also helping with registration was Kathy "Kat" Weeks, who this year took on registration for TOMRV, the QCBC's biggest event every year.

And a special, heartfelt thanks to Rhea Schultz, Craig Shultz's sister, who came down from Wisconsin to see what this bike racing thing is all about. We truly miss Craig, and I hope what you saw was a testament to that.

Course set-up/teardown was handled by Walt Dethlefs and Dean Mayne, along with my Lab Luke, helping me get everything done. Course marshals were Walt Dethlefs at the TT turnaround and Officer Todd Allen of the Cordova Police Department for our left turn. Thanks Chief Whalen, for helping with this event as always. We could not safely do this race without the help from you and your staff.

Our starter, the best starter in the business, was Mike Desch, and our wrangler was Dean Mayne. Last, but not least, Bob Lundberg from ABR was our official. Thank you all for a job well done.

Thanks also to Deb Brunner from the Cordova Township Civic Center/Curator of the cemetery where riders start; Deb from the Outhouse for the extra Port-a Potties; Julie from Crown Trophy for the trophies; MATTS for the medals; Profile for the raffle Aero Bars; and Park Tools for the loaner tools for each event.

Also, thanks to all the people who put all this info in the newspapers and newsletters and on Web sites. Mike Moritz is the man who runs my Web site and more, thanks to you for an awesome job. Thanks to Cy Galley who does a fantastic job for the QCBC's Web site; Jackie Chesser who does the QCBC newsletter "Pedalwheeling"; and Steve Tappa and Laurel Darren from the Dispatch who always have nice things to say about me and my events. All of you guys rock!



Dr. Craig C. Schultz

Schultz, contd. page 3

Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
 Vice President – Phil Schubbe (563) 359-5057 or phschubbe@aol.com
 Recording Secretary – Deb Mathias (309) 787-6547 or mathiasdebdean@peoplepc.com
 Treasurer – Darlene Moritz (563) 386-3499 or dmoritz@access.net

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

Board Members:

Denise Duethman, (309) 721-7276	Ken Urban (563) 326-3427	Charles Curry (309)797-9283
Donnie Miller (309) 737-8270	Charlie Sattler (563) 391-3422	John Wessel (563) 359-8350
Terry Burke (309) 797-3790	Tim Carey 920-209-1984	Doug McDonald 563-332-6774

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.

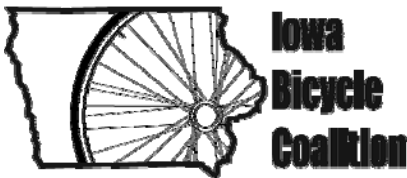
Club Meetings: Are held twice a year at 7 p.m. on the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Phil Schubbe for program information: (563) 359-5057 or phschubbe@aol.com.

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 or send to: Jackie Chesser or David Weckel, 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 or less - \$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/>

Editor’s note on picture submissions

We really appreciate people sending pictures for the newsletter. Too much gray space is monotonous. So, if you’re going on a ride, take some pictures, which also are a good way for club members to get to know each other. Some tips:

- ◆ Please send pictures in as high a resolution as possible. Pictures from a phone are poor quality, don’t reproduce well and their size can’t be changed. So, please high resolution shots from a digital camera.
- ◆ Please have a focal point in the picture. Wide, unorganized group shots don’t work well. Frame up to five people in a picture, and get as close as you can—allowing a little space on the sides to give some insight into the setting..
- ◆ Please provide names of all the people in pictures, from left to right.



Let's Ride!

John Harrington, QCBC president



Bike riding with no wind, low humidity and ideal temperatures. Is this Iowa? Yes!

Heartland Century Shout Out! Thank you to Scott Swanson and crew for this year's Heartland Century. Perfect weather conditions resulted in 60 pre-registrants followed by 110 sign-ups on ride day. Wow!

I can't imagine planning for that turnout. The roads were in good shape with clear markings. The narrow, winding lane on the century reminded some of us of European rides. Several riders also completed their first century that day.

QCBC Board Election: Please contact John Wessel (jjw@wpcco.com) if you would like to nominate someone for the board. The election will be held at the Annual Meeting at 7pm Oct.20 at Rivermont Collegiate School.

Let's be social! By popular demand, we are adding more social events to our QCBC calendar. In early December, we'll host a "Get Ready for RAGBRAI" event. Details to follow!

Fred Blessin Memorial Update: First, thanks for quickly donating more than \$2,800 for the Fred Blessin Memorial. We met our goal to fund a picnic table, benches and plaque. Since that time, the board has been working on a concept similar to the Kathryn Kirschbaum memorial (on the west end of the Davenport bike path). This new memorial will be at Eastern Avenue Park along the bike path.

We envision a plaque, bike racks, benches and new message board. Yes, we will need more contributions to make this beautiful memorial a reality. I will let you know the details as soon as possible. I think it will be worth the wait!

New members wanted: We hope to attract new members by offering a 50 percent first-year membership discount to new members who buy a bicycle at a local shop. Let your friends know.

See you on the road!

Schultz, contd. from page 1

See race results at qcbc.org

Now, on to the results. Raffle winner for the Profile Aero Bars was David Reed..

We had five course records. The previous best was set by Paul Deninger, of Iowa City, in 2006 with a 54:20. This year, we had four times under that mark with the fastest going to Jeff Otto from Madison, Wis., riding unattached, with a blistering time of 53:05.24 and a speed of 28.09 mph, just nudging Paul Deninger, racing for Zoom Performance, of Iowa City, with a time of 53:07.99. Awesome times guys!

The Women's time, set in 2007 by Tara Sheetz with a 1:00:04.46, was broken by Julie Foertsch from Cedar Rapids, Ia., racing for Planet Bike, with a 59:07.66, and speed of 25.22 mph.

RAGBRAI conflicted with this weekend, and many QCBC members were there instead of here, so we ended up with no QCBC women and only five men for the QCBC championships. Winner for the day was Kevin Dodson, of Rock Island, Ill. with a winning time of 1:05:04.56 and speed of 22.92 mph.

Around the World mileage awards for 2008

By Dave Thompson

It's that time again, to calculate your lifetime miles and see if you qualify for an around-the-world award. Awards are given for 25,000 (once around the world), 50,000 (twice) 100,000 (4 times) 150,000 (6 times) and 200,000 (8 times.)

Plaques will be given out at the annual banquet in November. If you can't make it to the banquet, we will get your award to you. If you have already reached one of these milestones, let me know by Oct. 31 at the latest.

I also will be compiling the total miles for 2009 and printing them in the February Pedalwheeling. For that, just compile miles ridden on a bicycle between Jan.1 and Dec. 31st and send them to me. Please also send me the number of centuries ridden in 2009 plus your lifetime miles. I think it would be interesting to compare lifetime miles.

Let me know if you qualify for an around-the-world award by Oct. 31 and submit your total 2008 miles by Jan. 10, 2010. Contact me at ultrabiker@sbcglobal.net or (309) 764-5030.



ing for Pedaling

g bicycling advocacy

Oestreich

Recently, the Davenport Master Transportation Plan was made public. I didn't have a chance to digest it before this column. But I'm hoping it will represent a break through for alternative transportation, especially bicycling, in the largest of our Quad-Cities communities.

So, after the fact, here are some ideas and actions – in no particular order - that might lead to Davenport becoming a city that is people-oriented, isn't dominated by motor vehicles, and wants to promote healthy and viable alternatives as an answer to many of its transportation problems.

- Stripe bike lanes, using the QC Metro Bike Map for guidance.
- Erect bike storage modules at outlying areas at transit nodes. Bike to a module, then bus to work.
- Put bike storage modules in a downtown parking garage.
- Ensure that safe bike parking facilities are at all major commercial businesses.
- Plan for safe biking/pedestrian facilities as a part of any new school.
- Study and ascertain how to make existing schools more bike/pedestrian friendly.
- Revive the Main Street Plan, possibly adding a bike boulevard.
- Calm street traffic.
- Establish bicycle responsive traffic signals.
- Eliminate one-ways in the downtown or:
 - Keep the one-ways, but seriously traffic-calm River Drive, turning it into a service drive not a highway – or convert it into a park. (Rock Island is coming close to doing this.)
- Ensure that all bike lanes are maintained – swept, snow plowed, and repainted when needed.
- Establish an on-going comprehensive bicycle education program for motorists and bicyclists.
- Work with community groups to promote organized urban bicycle rides and events throughout the city, especially in regard to businesses, cultural entities, and other transportation destinations.
- Plan and install intersection improvements, especially those with laned streets.
- Promote walk/bike/transit riding for winter months.
- Establish an annual award for businesses who actively promote biking to work.
- Demand bike/pedestrian/transit planning for any new residential or commercial development.

Hire a bike/pedestrian coordinator for the city.

Actually, most of these ideas don't specifically refer to Davenport. They can be a part of every city's transportation planning.

Hopefully, the Davenport plan will give a big boost, not only to itself as a people-oriented city, but to the entire Quad-Cities as well.

Iowa drivers can buy Share the Road license plates to raise awareness

Iowa has Share The Road specialty license plates available at all county license plate bureau. Proceeds from the plate, sponsored by the Iowa Department of Transportation, go to the Iowa Bicycle Coalition for safety education and motorist awareness.

Transform your car into a bicycling billboard and remind others to share the road every time you drive. Numbered plates are available for \$35 with a \$10 annual renewal fee. Personalized plates with up to five characters are available for \$60 with a \$15 annual renewal fee.

Fast-paced ride report: Aug. 22 road trip to Wisconsin

By Dave Thompson

One of the changes we made this year to the fast-paced schedule was to add a couple of road trips to do some different roads.

One of the best places to ride is southwestern Wisconsin. So 11 of us carpooled up to Potosi, Wis. on Aug. 22nd to do a hilly loop. I had planned a route that had to be changed at the last minute because of massive construction on the Great River Road by Cassville.

We started the ride in perfect weather: 60s with a light north wind. After a 3-mile descent to the river to start off, it was typical Wisconsin terrain - plenty of long climbs and descents with little flat road. Our first stop was in Bloomington where we regrouped.

Another 12 miles of twisting roads brought us to Mt. Hope where we left the headwind behind and had a nice tailwind the rest of the day. After 5 miles of Route 18, we turned onto CR-K and had a gradual downhill and tailwind hammerfest for the next 10 miles until the long 7 percent climb into Lancaster.

There we stopped again, with some people going on ahead, leaving five of us to finish up. The last two climbs of the day were the steepest with some 10 and 11 percent grades biting into our tired legs.

The overall consensus was that it was a great ride with beautiful scenery and wonderful roads. I finished with 74 miles and 4,500 feet of climbing. Besides me, the other riders were Gary Jones, Don Luth, John Wessell, Jim Bernas, Ed League, Chris and Paula Ervin, Bruce Perry, Steve Geering and newcomer Matty VanDamme. Kudos to Matty for doing her longest ride of her young cycling career.

QCBC Yahoo Group Guidelines

By Donnie Miller

Purpose: To post topic information about QCBC events, meetings, activities, rides, plus QCA Cycling road hazards, advocacy, and bicycling issues. This group is not for any other subjects such as politics, religion, jokes, social comments, etc.

There are three types of mail delivery accounts: Daily E-mails, Daily Digest, and Special Notices.

Daily E-mails Option: E-mails comes through as they are written, multiple times per day.

Daily Digest Option: E-mails are reduced to a few e-mails a day with multiple e-mails in one e-mail.

Special Notice Option: If info is desired only on major QCBC events, check this box in your profile. This option eliminates the daily emails, but you may read the posted emails in the message area, to see what others have posted. Major club events are identified as Special Events in the ride schedule, general QCBC meetings, or others deemed major by the QCBC president.

If you need a special notice sent out, contact the group's owner or the moderators.

Topic subject: If your response is different from original topic, change your subject line accordingly.

If you want to personally contact someone, please do it off-line or away from this group.

Please be respectful of other viewers, posters, and the like – no profanity, arguing, or bullying. QCBC reserves the right to remove disruptive group members.

Have fun and send out info on what you are doing in the cycling community, concerns about safety in your neighborhoods, or where you ride, and on upcoming rides and events.

If you need help with any of the above, please contact Donnie Miller at bcycleraer@mchsi.com.

Volunteers needed for Oct. 5 Fall QCBC Adopt-a-Highway project

By Ken Urban

The Fall QCBC Adopt-a-Highway will be held at 5:30 p.m., Monday, Oct. 5. Twice a year, club volunteers clean up trash from a two-mile stretch of Scott County Park Road. Please be a part of this community service project. Meet at the parking lot west of the soccer field north of John Deere Davenport Works. Wear long pants, gloves and sturdy shoes. Participants will be rewarded with pizza afterward. Rain date will be Wednesday, Oct. 7. For more information, call Ken or Julie Urban at (563) 326-3427 or (563) 343-9118.

Update on Bettendorf Bike Friendly meeting

By Anne Fleischman

A Bettendorf Bike Friendly (BBF) meeting was held Aug. 10 at the Bettendorf Public Library.

In attendance were Richard Pokora, Kentley Loewenstein, Bruce Grell, Dean Mayne, Doug McDonald, Becky Pestman, Dean Mathias, Vivian Norton and Anne Fleischman. Special guests were Steve Grimes, Bettendorf Parks and Recreation director and Matt Poirier, hired by the city to do a sidewalk assessment and try to compile a sidewalk policy.

Steve, who rode his bicycle to the meeting, said Matt's sidewalk focus was to achieve more connectivity within the city and pedestrian /runner oriented. They tried to incorporate bikes and bike travels when possible..

Matt gave a power point presentation on the various sidewalk "faults" the city has.

1. Inventory – A sidewalk inventory was taken to find spots where there was no sidewalk and the area was so highly traveled that a "path" had been created through the grass. Slides of areas on Victoria Drive, south of Bettendorf High School, and the east and west side of 18 Street just south of 53 Street were shown.

Matt prioritized sidewalks that needed attention based on highly traveled areas and presented it to the city council for funding. The city has, and will, double funding on sidewalks over the next 10 years.

2. Recommendation and proposal – The city will create three types of sidewalks based on the type of street, with the goal of minimizing "missing" pavement stretches on sidewalks. Type one would be residential and have 4-foot sidewalks. Type two would be collector streets (those most traveled, such as Maplecrest), and have 6-foot sidewalks to accommodate a bike and a pedestrian. Type three would be arterial streets (major thoroughfares such as Middle Road), which would have 6-foot sidewalks and/or a separate trail.

Not all streets fit into one of those three categories, and some arterials were recommended to be combinations of arterial and collector, such as Devils Glen, 18th Street and Tanglefoot Road. Bike lanes are also an option for arterial streets.

3. 18th Street – This street has many problems. It has connectivity (schools, library and businesses), but it also has a higher accident rate and is difficult to get around on the street. The plan is to convert this street to a two-lane with a center turn lane and street bicycle path, like Jersey Ridge in Davenport. The goals would be to slow down traffic, resulting in fewer accidents, connect various amenities and have people feel safe traveling on this road.

Matt and Steve said there is no "one solution" but a wide spectrum of all types of roads and plans to implement more connectivity. There will be more meetings with public input before the council proceeds with the redesign of any sidewalk.

The BBF asked how they could help implement any part of the plan. Steve said he'll let committee members know about public meetings where the sidewalk plans will be discussed, so committee members can attend and help people understand issues from a biking perspective.

The BBF committee also will continue to educate the public about bicycles on the roads in an effort to improve biker safety in Bettendorf.

Fall Foliage Ride coming Oct. 10-11

By Deb Mathias

Just a reminder about the QCBC Fall Foliage ride Oct.10 and 11 in Mt. Horeb, Wis. Routes are mapped and hills are waiting your arrival.

If you have not already made hotel reservation, do so immediately. A block of rooms have been reserved at the Karakahl Country Inn (www.karakahl.com). Call (888) 621-1884 or (608) 437-5545 to reserve your room.

Saturday's ride will start at 9 a.m. from the Military Ridge State Park Trail parking lot in Mt. Horeb, which is about 150 miles from Davenport. Take Highway 61 to Dubuque, to Wisconsin Highway 151/18, to the first Mt. Horeb exit (Business 151/18). Go north to ID and right on ID into Mt. Horeb. The parking lot is about 1-½ blocks south of ID, between S 1st and S 2nd Streets.

Saturday's ride will be about 35 miles before a lunch stop, so you will want to eat breakfast before starting. Also, bring along a couple bottles of water and some snacks.

Check the August or September issue of Pedalwheeling for more details or contact Dean and Deb Mathias at (309)787-6547 or mathiasdebdean@peoplepc.com. Dean's cell number is (309) 737-8429 and Deb's is (309) 737-8428)

Call or send us an email if you plan to join us. Also, let us know if you and any non-riding guests will be joining us for an Italian dinner Saturday night so we can give the restaurant a head count.

Hope to see you on the hills of Wisconsin!

Mississippi Bluffs Road Race – Illinois State Road Race Championships

By Donnie Miller

The day started cool and stayed cool for some perfect riding conditions. We saw a low of 56 and a high of 69 for the day. The wind, on the other hand, was more than we like for racing.

The daily average was 12.6 mph and we saw gusts up to 32 mph out of the NW, which gave everyone a head wind on the home stretch, all in all a perfect day for racing. I'd like to thank everyone for making this a great race.

With many choices of things to do on the day, we had some great racers and volunteers. Lisa Wessling and Terry Burke did registration, and always do a great job. Racecourse set-up/teardown was Walt Dethlefs and Terry Burke; corner marshals were Mr. and Mrs. Lockhart, Terry Burke and LT. Thanks to Bill Kauzlarich of the Rock Island County Sheriffs Department for the one left-hand turn, and our official, Bob Lundberg from ABR, who did an awesome job picking everyone out in the field sprints.

I also would like to thank Dale Morris from Adventure Quest for the venue; Julie at Crown Trophy for the medals; and Deb at The Outhouse for the port-a-potties.

We did have a couple of bad spots on the day, which should not be a problem next year. The I-80 Bridge. Ugh. Since it was down to one lane, going westbound into Iowa, some people east of the QC's ended up taking the Quad City Iowa/Illinois Tour.

Since they couldn't get off at Ill. 84 and ended up in Iowa, they had to take a 35-mile detour to get back to the exit off I-88 and I-80 to get to the race. We had it on the Web site but a few missed it. Sorry! We also had a couple of wrecks and flats and we hope everyone is doing OK.

Before we get to the results, we have some clarifying to do. It might upset a few people, but it's out of my control. Since this was the ABR (American Bicycle Racing) State Road Race Championships, to qualify for a state jersey there has to be a couple things in place.

First, you must be a resident of Illinois to be in the running for the jersey. Second, and probably more important, you must be an annual license holder. One-day license holders do not qualify. Sorry. I know a couple of people who were fitted for a jersey that will not be getting one because of these circumstances.

All complaints must go to ABR, as they are the ones who make the rules.

Again, sorry if anyone was misled that they thought they were getting a jersey. Most of us have been racing a long time and these rules are the same for USAC as well as ABR, so this should not be new to anyone.

Now, to the results. We had some very strong fields with the biggest being the Men's Master's with the groups being 9, 21 and 8 respectively for 40+, 50+ and 60+, for a total of 70 racers. There were even some 70+ racers. You guys give us all inspiration, keep up the great work!!

The Men's Open race saw a runaway Iowa field take the top three spots, with nobody even close to them.

The Women's fields were small, so it is our hope to try to get more women into the sport in the future.

This is a great course for beginners, so tell everyone for next year. Speaking of beginners, we had some strong Juniors, Beginners and new Masters do this race. Hope to see you all next year.

Thanks for reading and we will see everyone on Saturday, July 17, 2010 at Adventure Quest. **Results on page 8**

Don't forget October Night Rides

By Kathy Storm

October Night Rides will be held at 6:30 p.m. Tuesdays and Thursdays – Tuesdays start at Lindsay Park Boat Harbor in the Village of East Davenport and Thursdays from the parking lot at Eastern Avenue Park on the Duck Creek Recreational Trail in Davenport.

Rides will be 15 to 25 miles, and we will regroup often.

A mountain or hybrid bike is suggested, along with a headlight and/or helmet light and a lighted, red rear reflector. The red light on the back of your bike will allow other riders to judge their distance from your rear wheel.

We ride only when the trails are dry. If trails are still wet and muddy from a recent rain, we don't ride. If possible, wear clothing that is reflective and put reflectors and/or reflective tape on your bike.

We will have a dinner after the last October Night Ride on Thursday, Oct. 29, at McGuire's in Davenport (if they have re-opened) or another restaurant near the Duck Creek Trail.

If you have questions about suggested equipment for these rides, contact Bill or Kathy at (563) 355-2564 or kbstorm@aol.com or Ken Urban at (563) 326-3427 or kdu1936@msn.com.

Pedalwheeling • 2009

First	Last	City	State	Category	1-Day Lic	Team	Place	Prize
Paul	Deninger	Iowa City	IA	m cat 2	yes	Zoom Performance	1	\$50
Bryan	Moritz	West Burlington	IA	m cat 2	yes	Bikes 2 You/World of Bikes	2	\$40
Greg	Duethman	Iowa City	IA	m cat 2	yes	Iowa City Cycling Club	3	\$30
Chad	Bishop	Muscatine	IA	m cat 3			DNS	
Adam	Leibman	Carol Stream	IL	m cat 4		Athletes by Design	4	Jersey
Dave	Keil	Arlington Heights	IL	m cat 4		Unattached	5	
Kyle	Tabor	Palos Hills	IL	m cat 4		Bicycle Heaven	6	
Mark	Tanka	Chicago	IL	m cat 4		Northbrook Garner Bicycling Club	7	
Tim	Henry	Lake in the Hills	IL	mm 30		Project 5 Racing	1	\$50/ Jersey
Andy	Powell	Chicago	IL	mm 30		Project 5 Racing	2	\$30
Chris	Lombardo	Crystal Lake	IL	mm 30		Verdigris Cycling	3	
Kevin	Stephens	Buffalo Grove	IL	mm 30		Project 5 Racing	4	
Brian	Harris	Libertyville	IL	mm 40		PYOC/Higher Gear	1	\$50/ Jersey
Mark	Wright	Freeport	IL	mm 40	yes	Freeport Bicycle Company	2	\$30
Robert	Brokaw	Rochester	IL	mm 40		Team Mack	3	
Don	Lowe	Rockford	IL	mm 40		Team Mack	4	
Kevin	Wohlford	Eldridge	IA	mm 40	yes	Double "I" Cycling Experience	5	
Eric	Helm	Freeport	IL	mm 40		Freeport Bicycle Company	6	
Arno	Granados	Crystal Lake	IL	mm 40		Unattached	7	
James	Sneddon	Schaumburg	IL	mm 40		Athletes by Design	8	
Colm	Flannery	Chillicothe	IL	mm 40		Proctor Cycling Team	9	
Gary	Johnson	Moline	IL	mm 50	yes	Unattached	1	\$50
Ron	Mattson	Pearl City	IL	mm 50		Freeport Bicycle Company	2	\$30/ Jersey
Grant	Zielinski	McHenry	IL	mm 50		Village Cycle	3	
Michael	Jones	Chicago	IL	mm 50		Pact/Dishnetwork	4	
Jeff	McKillip	Milwaukee	WI	mm 50		Unattached	5	
Richard	Kreutzfeldt	Glenview	IL	mm 50		2CC Pony Shop	6	
Mark	Shea	Springfield	IL	mm 50		Team Mack	7	
Chris	Dial	Arlington Heights	IL	mm 50		Mid South Velo	8	
Mike	Vonnahmen	Springfield	IL	mm 50		Proctor Hospital	9	
John	Deifel	Bolling Brook	IL	mm 50		Project 5 Racing	10	
Jon	Lafontant	Wilmette	IL	mm 50		PYOC/Higher Gear	11	
Mike	Rummelhart	Kenosha	WI	mm 50		Team Mack	12	
Bill	Leibman	Freeport	IL	mm 50		Freeport Bicycle Company	13	

Pedalwheeling • 2009

Russ	Damhoff	Dixon	IL	mm 50	yes	Unattached	14	
Steven	Gage	Wheaton	IL	mm 50		Athletes by Design	15	
Daniel	Hill	Pekin	IL	mm 50	yes	Peoria Bike Club/Proctor	16	
Robert	Kenneke	Freeport	IL	mm 50	yes	Freeport Bicycle Company	17	
Bob	Marshall	Wheaton	IL	mm 50		Athletes by Design	18	
David	Haussler	Coal Valley	IL	mm 50	yes	Double "I" Cycling Experience	19	
Mike	Giudici	Davenport	IA	mm 50	yes	Double "I" Cycling Experience	20	
Patrick	Hanrahan	Bettendorf	IA	mm 50	yes	Double "I" Cycling Experience	21	
David	Skogley	Chicago	IL	mm 50		Vision Quest	DNF	
Michael	Kurtz	Lisle	IL	mm 50			DNS	
Dennis	Jurs	Hampshire	IL	mm 60		Unattached	1	\$50/ Jersey
Patrick	Kilroy	Glenview	IL	mm 60		Albertos	2	\$30
Bill	Kallas	Streamwood	IL	mm 60		Athletes by Design	3	
Paul	Sumner	Chicago	IL	mm 60	yes	Evanston Bike Club	4	
Don	Schiff	Princeton	IL	mm 60		Unattached	5	
Alan	Stern	Chicago	IL	mm 60		Velo Club Roubaix	6	
John	Goff	Taylor ridge	IL	mm 60	yes	Unattached	7	
Victor	Alzazar	Chicago	IL	mm 60	yes	Unattached	8	
Robert	Burns	Marengo	IL	mm 70		Team Mack	1	\$50/ Jersey
Jack	Patterson	Morton	IL	mm 70		Midwest Masters	2	\$30
John	Angelatos	Clifton	IL	jun	yes	Unattached	1	Medal
Sam	Gabuzzi	Glenview	IL	jun	yes	Smart Cycle	2	Medal
Andrew	Lindner	Morton	IL	jun		Vision Quest	3	Jersey/ Medal
Konrad	Witt	Wood Dale	IL	jun		Athletes by Design	4	Medal
David	Lombardo	Crystal Lake	IL	jun		Verdigris Cycling	5	Medal
Michael	Keller	Orland Hills	IL	jun		South Chicago Wheelmen	6	Medal
Matt	Meyer	Glenview	IL	jun		Smart Cycle	7	Medal
William	Hoffman	Springfield	IL	mb cat5	yes	Unattached	1	Medal
Joe	Berenyi	Oswego	IL	mb cat5		Endure It Racing	2	Jersey/ Medal
Walt	Dethlefs	Geneseo	IL	mb cat5	yes	Double "I" Cycling Experience	3	Medal
Lucas	Guyton	Davenport	IA	mb cat5	yes	Unattached	DNF	Medal
Gerry	Voelliger	Bettendorf	IA	mbm 50	yes	Double "I" Cycling Experience	4	Medal
Scott	Witt	Wood Dale	IL	mbm 50		Athletes by Design	5	Medal
Roger	Fobair	Bettendorf	IA	mbm 50	yes	Unattached	6	Medal
Debbie	Dust	Chicago	IL	w cat 1		Pact/Dishnetwork	1	\$50/ Jersey
Meghan	Lapeta	Downers Grove	IL	w cat 4	yes	Smart Cycle	2	\$40
Kimberly	Gialdini	Downers Grove	IL	w cat 4		Athletes by Design	3	\$30
Marilyn	Powell	Springfield	IL	wm 50		Athletes by Design	1	\$50/ Jersey



OLD TOWNE VANDE-CROSS

OCTOBER 11th, 2009

For the third year in a row, we will be in the Belgium area of Moline at Stephens Park. This course is just North of the famed Moline Criterium off of 7th Street. It's a 19 acre park that has everything to offer a challenging race like; off camber riding, steep run up's, wood crossings, a special kids race and play area and more. With plenty of food in the area, bring the family and make a day of it!

\$600 in CASH & PRIZES

Race Schedule: Event	Start Time	Time	Prize List
Juniors 10-14 & 15-18	11:00 am	30 Minutes	Prizes
Beginner CX4 (One Day Lic only)	11:00 am	30 Minutes	Prizes
Women's Open	12:00 pm	45 Minutes	\$100 / 3 places
CX Cat 3/4*	12:00 pm	45 Minutes	\$150 / 3 places
Kid's Cross 5 - 9 yrs old "Special Course"	1:00 pm	1 lap	Prizes
Open (CX1, 2, 3, 4*)	1:30 pm	60 Minutes	\$150 / 3 places
Masters 30 / 40 / 50 / 60	1:30 pm	60 Minutes	\$50 / 2 Places Ea Class

***NO ONE-DAY LICENSE! Must have annual license! NO EXCEPTIONS!
USAC Permit 2009-2522**

- When: October 11th, 2009
 Where: Stephens Park, 7th St and 15th Ave, Moline, IL.
 Registration: Begins at 9:30 AM closing 30 minutes before race start.
 On-Line registration at WWW.GetMeRegistered.com
 Entry Fees: \$25 for USCF / NORBA Annual License Holders
 \$5 Discount for 2nd race
 \$5 for Juniors Race
 \$15 Beginners CX Cat 4 plus One-Day License
 One Day CX Licenses Available Race Day \$10

Directions: From Illinois I-74, exit at Avenue of the Cities heading west, to 16th St, turn right and go north to 19th Ave, turn left and go west to 7th St. At 7th St turn right and go north to 15th Ave, turn left at the park and use the west parking lot.
 Rules: ALL riders must be USCF / NORBA licensed. 1-Day licenses are available at race registration for \$10. Riders must be Annual License Holders to be eligible for Prize Money. 1-Day licensees ride in CX Cat 4 Beginners Race Only. Under 18 will need parents' signature. Mountain bikes permitted, no bar-ends. Promoter reserves the right to combine race fields if needed.

Contact: Donnie Miller 309-737-8270 bcyclenacr@mchsi.com



Presented by:
DICE CYCLING

The Double I Cyclocross Experiment (Series)
 This is race #1 in a four race series that includes The Devils Cross, Psychofest, and Middle Park Madness. With a total series prize purse of \$975.



Sponsored by:



October 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
1-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
3-Oct	Saturday Morning Mid Paced Ride to Eldridge and Argo	35+ miles 14-16 mph	9:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Mike Wilcox 563-322-0946
3-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
4-Oct	Sunday Morning Mid Paced Ride to north Rock Island County.	45+ miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St. Moline, IL	Doug McCollum 309-793-4275
4-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
6-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Daven- port.	Ken Urban 563-326-3427
7-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
8-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
Oct 10-11	FALL Foliage Ride - Club's annual ride to see the colors in Mt Horeb WI	50+ each day	Sat 8am Sun 9am	Mt Horeb WI	Dean & Deb Mathias 309 -787-6547
10-Oct	Saturday Morning Mid Paced Ride. Rider's choice.	30+ miles 14-16 mph	9:00 AM	Eastern Avenue Park, Duck Creek Parkway.	Determined by Riders
10-Oct	Saturday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614
11-Oct	Sunday Morning Mid Paced Ride. Rider's Choice.	35+ miles 14-16 mph	9:00 AM	Boat launch along trail. Rapids City, IL	Determined by Riders
11-Oct	Sunday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
13-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Daven- port.	Ken Urban 563-326-3427

October 2009 Ride Schedule

14-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
15-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
17-Oct	Saturday Morning Mid Paced Ride "Hwy 61 Revisited". Breakfast in DeWitt.	45+ miles 14-16 mph	9:00 AM	North Scott HS, Eldridge, IA	Dixon Novy 563-221-9093
17-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900AM	Quad Cities Airport/General Aviation. Airport Road, Moline.	David Thompson 764-5030, Gary Jones 359-5614
18-Oct	Sunday Morning Mid Paced Ride. Rider's Choice.	30+ miles 14-16 mph	9:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St. Moline, IL	Determined by Riders
18-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
20-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Davenport.	Ken Urban 563-326-3427
21-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
22-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
24-Oct	Saturday Morning Mid Paced Ride	35+ miles 14-16 mph	9:00 AM	Sunderbruch Park, Telegraph Rd, Davenport, IA	Josh Eiben 563-320-7167
24-Oct	Saturday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614
25-Oct	Sunday Morning Mid Paced Ride to	35+ miles 14-16 mph	9:00 AM	Camden Park, Milan, IL	Deb & Dean Mathias 309-787-6547
25-Oct	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	900AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 754-5030, Gary Jones 359-5614
27-Oct	October Night Ride. Ride local bike trails at night (IA & IL)!. Mt or hybrid bike is recommended along w/headlights.	15 - 20 mi 13-14 mph	6:30 PM	Parking lot by Lindsay Park Boat Harbour, Village of East Davenport.	Ken Urban 563-326-3427

October 2009 Ride Schedule

28-Oct	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499
29-Oct	October Night Ride. Ride local bike trail at night!. Mt or hybrid bike is recommended along w/headlights. Dinner afterwards at local restaurant.	22 mi 13-14 mph	6:30 PM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Bill & Kathy Storm 563-355-2564
31-Oct	Sunday Morning Mid Paced Ride. 3 Hour "Out and Back" ride.	35 - 40 miles 14-16 mph	9:00 AM	Crow Creek Park, Bettendorf, IA	Anne Fleischman 563-505-0655
31-Oct	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	900 AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614

November 2009 Ride Schedule

Date	Ride	Distance	Time	Meeting Place	Contact info
1-Nov	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
4-Nov	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
7-Nov	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
8-Nov	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
11-Nov	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
14-Nov	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
15-Nov	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
18-Nov	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
21-Nov	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	

November 2009 Ride Schedule

22-Nov	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	
25-Nov	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
28-Nov	Saturday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	
29-Nov	Sunday Morning Combined ride, riders will determine the distance and pace, usually includes breakfast stop	Determined by riders	9:00 AM	Hardee's, 425 55th St. Moline	

Ride Classification:

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

Welcome New Members:

NewMember	Spouse	CityState	Phone
Brown, Jason	Rita	Bettendorf, IA	563-359-9679
Buel, Chuck		Bettendorf, IA	563-359-6801
Fick, Jeffrey		Muncie, IN	765-747-4121
Flesch, Bil		Appleton, WI	920-205-2130
Foltz, Howard		Lima, OH	419-233-1965
Maloney, Mike	Connie	Bettebdorf, IA	563-332-1114
Strandberg, Nancy		Havana, IL	309-543-6010

Membership—Totals

Type	Memberships	Members
COMP	20	23
COUPLE	184	368
FAMILY	85	306
IND	343	343
LIFE	3	5
Grand Total	635	11044

Quad Cities Bicycle Club Membership Application

(Please print using blue or black ink)

- New Application
 Renewal Application - Please make all changes from last yr.
 Date of Application _____
- Membership Type: Individual \$20/Year
 Couple \$20/Year
 Family \$20/Year

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ (Including Area Code) Email _____ (Please carefully print current e-mail address)

Please 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:

- Memberships in Other Bicycling Organizations: League of Am Bicyclists League of Illinois Bicyclists Iowa Bicycle Coalition DICE FORC

Family Members *	Birth Date	M/F	Riding Interests	I can help with	
			<input type="checkbox"/> Biathlons <input type="checkbox"/> Camping <input type="checkbox"/> Commuting <input type="checkbox"/> Endurance <input type="checkbox"/> Mountain Biking <input type="checkbox"/> Racing <input type="checkbox"/> Recumbent <input type="checkbox"/> Tandem <input type="checkbox"/> Touring <input type="checkbox"/> Triathlons	<input type="checkbox"/> Annual Diner <input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Computer Work <input type="checkbox"/> Du-State-Du <input type="checkbox"/> Heartland Century <input type="checkbox"/> Membership <input type="checkbox"/> Newsletter <input type="checkbox"/> QC Criterium	<input type="checkbox"/> QC Triathlon <input type="checkbox"/> Packet Stuffing <input type="checkbox"/> Race Events <input type="checkbox"/> Ride Leader <input type="checkbox"/> Ride Schedule <input type="checkbox"/> Safety/Education <input type="checkbox"/> Telephone Calling <input type="checkbox"/> TOMRV

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

The Quad Cities Bicycle Club assumes no responsibility for personal injury, damaged equipment, theft or loss taking place on any club rides or other activities, 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 age 18. All applications must be signed, and in signing the liability release, the applicant agrees to the above conditions.

Please consider receiving an e-mail notification of our monthly newsletter to help keep club dues low and reduce paper consumption.

Please Circle your response... **Yes**, Please send me an email notification **No**, I prefer a paper copy

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 next month's newsletter.
 Please visit our website for a listing of club rides and other events: <http://www.qcbc.org>
 Last revised 2/18/09 and valid through 12/31/09

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

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

RETURN SERVICE
REQUESTED

ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING

Upcoming events

- Oct. 5—Highway cleanup (page 5)**
- Oct. 10-11 — Fall Foliage Ride (page 6)**
- Oct. 11—Old Towne Vande-Cross (page 10)**
- Oct. 31—Deadline for World miles (page 3)**

Get out and Ride!

