



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — May 2011



Countdown to MWB Quad Cities Criterium

By Donnie Miller, race director

We'd like to thank returning title sponsor Modern Woodmen Bank for its generosity, and for helping the QCBC keep this great race alive.

Modern Woodmen has two years under its belt with the new bank on the course, at the corner of 1st Avenue and 17th Street. Check it out at www.modernwoodmenbank.com.

This year, we're the last in a series of six qualifying races for the Nature Valley Grand Prix Pro Ride Selection. Elite amateur racers will have a chance to get looked at by directors and coaches of pro teams.

These six qualifying races will select one man and one woman each weekend. If they did not qualify at an earlier event, they have to race our weekend, and that means all three races Memorial Weekend— Burlington Snake Alley Crit, Melon City Muscatine Crit, and Quad Cities, in what is called an Omnium.

Points will be collected all weekend, and the man and woman that finished all three days, and have the most points, will go to the pro composite teams. To qualify for consideration, they must be a Category 1 male or a Cat 1 or 2 female and be 18 or older.

This should draw some racers we normally wouldn't get a chance to see—up and coming neo-pros who will be the next "name" in professional bicycle racing. Too cool.

The Velosport Racing Team, from local legend Jeff Bradley's Davenport Trek Store will be racing in force at this year's Criterium. The team, formed last winter, has some good riders with wins this season. Stay tuned for more from this team, as they are sure to rip up the standings and pull off some major wins this year. They'll be in lime green and black race kits.

Another team we can count on to be out in force is the local **DICE** racing team., which will be showing their best in front of the hometown crowd, and the **DICE** tent. The team is striving to improve its performances by training & racing frequently. Local newspapers will feature riders from the pros, Nature Valley contenders, and **DICE** and **Velosport** teams.

From 35 mph sprints and grinding crashes to flashy jerseys and bikes, we can count on a lot of hard-core Midwest riders, and pro team riders. A favorite is the QCBC-sponsored Hot Spot Sprints, which keep the pros pushing for big points and payouts. With a special points chase for an extra cash incentive, the race will have sprints within the race at laps 25, 20 and 15 to go for 3 place cash awards of \$500, \$300 and \$200. This helps create many of the team tactics that you might not normally see.

Ads on TV, radio, and in newspapers should reach a larger audience. Feature riders will be in the newspaper pre-race sections and on our race website. We expect to draw more spectators and racers than in past years, since we are advertising more and have a very established website—www.QuadCitiesCriterium.com.

Mike Moritz has done an awesome job with the website, so check it for new additions.



Donnie Miller

Criterion contd. on page 3

Key Contacts

Officers:

President - John Harrington (563) 940-6023 or jwhjkh@gmail.com
 Vice president - Denise Duethman (309) 721-7276 or neuromanager910@yahoo.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
www.qcbc.org

Board Members:

Terry Burke (309) 797-3790	Laurel Darren (309) 230-2484	Doug McDonald (563) 332-6774
Katherine Bain (563) 514-3066	Michael Hughes (563) 332-5605	Donnie Miller (309) 737-8270
Don Collins (563) 340-3476	Don Luth (563) 381-3750	Dave Thompson (309) 764-5030

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

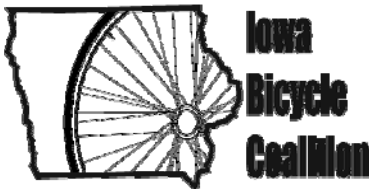
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

Club Meetings: Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

Submitting Articles for Newsletter: Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to: qcbceditor@yahoo.com 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 Spring and Fall, Spring Picnic, QC 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 Membership



www.iowabicyclecoalition.org



www.bikeleague.org



www.bikelib.org

QCBC Spring Adopt-a-Highway

By Ken Urban

The Spring Adopt-a-Highway trash pickup will be held at 4:30 p.m. Sunday, May 1, change from the traditional first Monday evening in May.

For several years, the club has helped maintain a two-mile stretch of Scott County Park Road (Hwy. 956). Please meet in the gravel parking lot west of the soccer fields near the intersection of F55 & 956. Wear sturdy shoes, long pants and gloves.

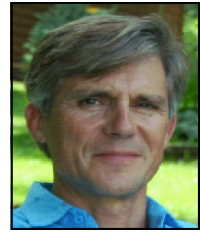
Volunteers will be rewarded with pizza after the work is done. Rain date will be Sunday, May 8.

For more information, call Ken Urban at (563) 326-3427



Let's Ride!

John Harrington, QCBC president



April showers bring - more bike riders!

Spring Picnic. Hard to believe, but our annual Spring Picnic is just around the corner. Mark your calendars for May 1 at Illiniwek Park in Hampton, Ill. We'll have a fast-paced ride at 8 a.m., and a mid-paced ride at 9 a.m. And to spice things up, we are inaugurating a mountain bike ride 10 a.m.

Hy-Vee will serve burgers, dogs and drinks. Please bring a dish to share if you like. Lunch starts at noon. The event is free. Invite a friend to attend and join the club. Be there!

Fred Blessin Memorial. Work has finally started. You'll see the outline of the memorial as you ride past the site in Eastern Avenue Park. Much of the construction will be done in April and completed in May. Check it out!

QCBC Movie Night. We are negotiating to screen the movie "Bicycle Dreams" (<http://bicycledreamsmovie.com/>) at a local theater. Produced by award-winning filmmaker Stephan Auerbach, the movie chronicles the epic 10-day Race Across America (RAAM). Stay tuned.

Spring Tailwind. Dave Thompson is directing our Spring Tailwind on Saturday, April 30. As usual, he will have several routes planned to make this your fastest century. Check out the website for details - <http://qcbc.org/tailwind/>

Annual Dinner. We promised club members we'd try to top last year's annual dinner and we will. We'll hold this year's event Friday, Oct. 28 at St. Ambrose again with the same great food and location.

Bike shops will be invited to show their latest wares, and we'll celebrate with annual awards. The topper will be our guest speaker, Bob Roll. Before commentating on the Tour de France on the Vs. channel, Bob was a professional cyclist. He was a member of the 7-Eleven Cycling Team with our own Jeff Bradley, the Motorola Cycling Team and Greg LeMond's Z Team.

He also raced mountain bikes for many years. If that's not enough, Bob will participate in a local cyclocross race charity event "Roll with Bob." You'll want to sign up early for this one.

Criterion, contd. from page 1

On Memorial Day we'll have 13 USCF Races, ages (10-60+) including the Roger De Langhe Kid's Bike, Trike and Big Wheel youth races (age 2-10), with featured men and women's races last two races of the day. Our Juniors races again will be a part of the Lance Armstrong Juniors Road Race Series or LAJRS so they can earn points for inclusion to Junior Development Camps out in Colorado Springs.

We have set a standard with the Women's race in the Categories 2 and 3s. This allows women more opportunities to race and not have their winnings taken by the Cat 1s and Pros. We have put the 2/3's race in the morning to allow them to recover, refuel and do two races. We'll also offer a \$10 discount to racers who would like to race more than once on Monday.

We've added a \$5 pancake breakfast served by the Kiwanis of Rock Island from 6 to 10 a.m., bounce houses for kids and the Illinois Masons are bringing their Chips - Child Id Program to our all-ages bike rodeo. The QCBC's Great Big Bike Rodeo from 9 a.m. to noon on Monday will be in the parking lot across from Modern Woodmen Bank at 1st Avenue and 17th and 18th streets. Rodeo participants will be entered in the 12:30 p.m. Roger De Langhe Kid's Bike, Trike, and Big Wheel youth races (age 2-10). All the kids will receive a ribbon from "Rascal," the River Bandits mascot.

We'll also have bicycle memorabilia vendors and food, and will provide free bicycle parking for those who leave their cars at home.

Our announcers Kenny Labbe, an ex-teammate of Lance Armstrong on the US Postal Team and longtime Crit racer; and Kim West, cycling radio show host from Des Moines will explain what's going on in each race on 10 Speeds Productions Officials stage and podium.

Our own Laurel Darren will be in the crowd with a microphone seeking donations for preems and talking about activities going on outside of the race. We also have our awesome wheel pit, VA Honor Guard and Sandy Wohlford singing the National Anthem. The District, in addition to their own food and drink venues, will offer a wide variety of outside food vendors, too. Don't forget to get a limited edition Quad Cities Criterion T-Shirt.



Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

May Means Motion

This month it's time for bicyclists to take the lead in pushing the Quad-Cities into motion – as in getting out of cars and onto bikes (with walking and busing as possible alternatives).

Start biking to work. Use your bike for errands. Bike, don't drive, to the start of a ride. Make riding in the city a part of your ordinary life.

Try this: “Bike every day in the month of May.” If that's not realistic, how about a week?

Try Biking to a transportation destination during the week of May 7-14. We used to call this Bike to Work Week (some people still do), but the scope of the week has been expanded. It's not just to work; it's everywhere – to school, to the grocery, to the library, everywhere within your normal forays through the community.

The week is now called QC in Motion week around here, and it's sponsored by 10 prestigious QC organizations, including Trinity Iowa Health Services, Activate QC, the American Heart Association, QCTAG, The Y, the QC Health Initiative, Bi-State Regional Commission, and all of the QC Parks Departments.

For bikers in particular, QCTAG has many get-out-and-roll activities planned for the week.

Saturday, May 14 – Come to the Davenport Freight House **Farmer's Market** to get the new revised Metro Bike Map, meet QCTAG activists, visit The Loop, find out about other activities during the week, and buy some good food for the training (or dining) table.

Sunday, May 15 – The initial “**Tour de QC**” will be in Rock Island from noon to 4 p.m. Use the Metro Bike Map or a tour folder to ride around residential streets close to more than 125 businesses. Start anywhere, go as far as you want, but come to Rocky's Stadium parking lot at the end.

Sunday, May 15 – **Bike or Bus to Worship** – places and times are up to you.

Monday, May 16 – **QCTAG Commuter Breakfast**, from 6:30 to 9:30 a.m., Bechtel Park at the foot of the Government Bridge and 2nd Avenue in Davenport. Begin your week of alternative transportation with good, healthy food from Greatest Grains. It's free.

Wednesday, May 18 – Walk, Bike, or Bus to School. Scholars and parents of scholars will forgo the car on this day.

Thursday, May 14 – **Loop d'Arte**, from 5 to 8 p.m. Bike to one of The Loop's stops, then take a free ride and check out the art scene in four of our Quad Cities.

QC in Motion week is for you, an adult bicyclist.

But it's also a push for the entire community to reap all the positive benefits that getting away from the car can give. Especially now, when gasoline is so expensive, using human power and motion to get around is a real plus. QC in Motion week is also a showcase for bicycling as transportation. It's a way to show the community not only the benefits of bicycling, but also it's a great opportunity to advocate for better bicycling amenities.

Support bicycling by getting in motion this May.

MRT Ride for those who can keep pace

A Mississippi River Trail (MRT) ride from Princeton to Clinton and back will be held on Father's Day, Sunday, June 19, in conjunction with the 27th Annual Ride the River.

The ride only is for bikers accustomed to riding 13 to 18 miles per hour, and is limited to 100 riders.

A \$6 pre-ride breakfast will be held from 6:30 to 7:30 a.m. at the Princeton Fire Station. The group will leave the fire station at 7:30 a.m. Parking is along the riverfront in Princeton.

The route is about 45 miles and follows Highway 67 to Comanche and Clinton, and returns through Low Moor and McCausland.

To register and pay the \$10 (which includes a t-shirt), go to riveraction.org. You will receive a confirmation card in the mail. Registration wrist bands will be needed to attend Ride the River events. Thanks for helping River Action promote the expansion of our wonderful Mississippi River Trail system.

For more information, call Dean Mathias at (309) 737-8429, or River Action at (563) 322-2969.

Call for QCBC 2011 Hall of Fame Nominations

By Joe Jamison

The 2010 induction ceremony of our first Hall of Fame members was a resounding success. This has to be attributed to the quality of the nominees submitted for consideration by the panel responsible for selection. Once again, the panel is asking the membership to submit the name(s) of a rider you know or have heard about who has accomplished significant levels of achievement in the category of road racing, endurance racing/randonneuring and/or adventure/touring.

Our club has a nearly 50-year history during which amazing cyclists have come and gone but sadly, their achievements are being lost to memory because we have not documented their stories. Our club's history will be much richer when we can refer to these men and women who set high standards and tell the world "these were QCBC members and this is who we are".

The rules are simple:


- Candidate must have been a QCBC member during the time of his/her accomplishments, unless:
- The candidate's accomplishments preceded 1964, the year QCBC was organized and then, the candidate must have been a Quad Cities resident.
- Hall of Fame Panel members may not nominate candidates.

So, please, help with this process. We have many in our number deserving recognition. You will find a nomination form in the pages of this newsletter. It is simple to prepare and then just drop it in the mail. Nominations must be received no later than July 01, 2011. Contact Joe Jamison if you have any questions.

Call (309) 235-4284 or email j-jamison@sbcglobal.net.

See sign-up form on page 10

Dr. Smith Answers Your Foot Pain Questions. **What is a Neuroma?**



Neuromas typically develop between the middle toes and cause tingling, numbness and/or sharp pain in the toes and ball of the foot.

"When bones press together, they can irritate a nerve, causing abnormal growth of nerve tissue called a neuroma," says Dr. Smith. "Wearing tight or narrow biking shoes can lead to neuromas."

Dr. Smith says neuromas may begin as a minor irritation, forming a painful lump if left untreated.

Reducing neuroma pain and swelling may involve:

- Orthotics and supportive, comfortable shoes
- Padding the ball of the foot
- Ice and massage
- Anti-inflammatory medications, injections, and surgery

Dr. Smith P.C.
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(309) 762-7919
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See Dr. Smith for an early diagnosis of any foot pain.

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This year's TOMRV will be June 11 and 12

This year's TOMRV will be Saturday and Sunday, June 11 and 12.

Riders leave Saturday, June 11, from Bettendorf (106 miles) or Preston, Iowa (69 miles) and ride to Clarke University in Dubuque.

The next day, riders return using a different route to Bettendorf (90 miles) or to Preston (46 miles). The route is varied and scenic, using lightly traveled paved roads. There are many views of the Mississippi River. The route is hilly near Dubuque, with 6,000 feet of climbing on Saturday and 4,000 feet on Sunday

You will have top-notch support services on the tour. The Quad Cities Bicycle Club provides many rest stops with free food and refreshments. Local civic and church organizations also will sell food along the way.

Emergency bicycle repair services will be available on the route and at Clarke University, where there also will be a free, secure bike lock-up area with an overnight guard.

After arriving in Dubuque, riders can enjoy the legendary TOMRV banquet, and Loras College, and University of Dubuque open their dormitories for our overnight stay.

TOMRV has good riding, scenery, challenging hills, good food, and a good time. Plan to ride with us this year.

Message tables are available at Clarke on Saturday afternoon for a separate charge.

After your Saturday ride, relax at the Clarke Beer Garden. Each year we have live music.

There will be a drawing for three \$500 gift certificates redeemable at your local bicycle shop.

A breakfast buffet is available on Sunday morning at Clarke for a separate charge. The TOMRV 2009 photographs on this page are used by permission from Ken Urban

Showers are available at Preston and at Bettendorf at the end of the ride.



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& SE BMX

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309-752-9850 Sat. 10 – 2

On 9th Street by the railroad tracks

Full Service Shop
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Leisure Ride Leader Needed

Are you the type of rider who likes to smell the roses while peddling along? Breakfast is a destination and not a rest stop?

Long distances are not as important as long conversations while riding on quiet roads or paths? If you are, then you enjoy our Leisure Rides.

We need a rider to coordinate Leisure rides, usually one per weekend May through September.

The coordinator, with rider input, determines a schedule of rides and starting points. Rides are 20-25 miles in length, 10-12 mph average.

The coordinator can be a committee, not just one person, so recruits some friends to help out.

If you are interested, or for more information, contact Tim Carey at timothy.carey@hotmail.com.

For Sale: Rolf Vector Comp wheelset, red, 18-hole front, 20-hole rear, flat blade spokes, in good condition. Tires included (1 Continental Grand Prix 3000, 1 Bontrager Race Lite Hard Case). \$115. Call Kathy Loomis at (563)386-3429

Rock Island Arsenal Health Fair

About 1,200 Arsenal employees visited the Health Fair Feb 16. QCBC was represented by Dean Mathias, Tom Scott, Chuck Oestreich and Charles Curry. Many stopped to discuss the local cycling scene, such as trails and planned projects, cycling safetys, RAGBRAI, and club riding opportunities.

Criterion Volunteer Opportunities

By Donnie Miller, QC Criterion Race Director

We have some volunteer opportunities available for the 2011 Modern Woodmen Bank Quad Cities Criterion.

Registration: Work the registration desk and get an interesting insight into the race from people registering to race or picking up packets for their teams. One other task new this year is a couple of Ambassadors to work with the Nature Valley Grand Prix athletes. Contact Vivian Norton at (563) 355-1899, vjoan@q.com

Corner Marshals and Crossing Guards: See what's going on during the race and help racers be safe by being a corner marshal or crossing guard. Corner marshals monitor street crossings to stop spectators from crossing in front of racers, making it unsafe for riders, and helping alert medics about any crashes in their area, all while getting a front row seat. Crossing guards monitor the select areas that we have set up to let spectators cross. Contact Deb or Dean Mathias at (309) 787-6547, mathiasdebdean@peoplepc.com

Bicycle Parking: We'll have bicycle parking for those interested in leaving their cars at home. Everyone should bring a lock for their bikes. We need attendants to check-in/out bicycles, and keep an eye on the bikes. Parking will be behind the T-Shirt booth on 2nd Avenue, so attendants will be able to see the races all day. Contact Don Collins at (563) 340-3476, ddbuidersinc@aol.com

T-shirt sales: Do you like to sell and be part of the action? Do you want to get a free shirt? Would you like to hand out QCBC swag? Contact Lisa Ball at lball@mwabank.com

Wheel Pit: If you "know your wheels" or want a quick, practical lesson, join the Wheel Pit Crew dubbed "Mud or Blood." Contact Manny Martinez at (309) 912-5990, manuelmarcus@gmail.com

Prize Desk: You may not get a prize but you do get to see how it's done. Contact Darlene Moritz at (563) 386-4499, dmoritz@access.net

Trikes and Youth Races: Volunteers are needed for registration and for a "Trike Wrangler" (to line up the trike racers). Contact Dean Mayne at (563) 650-1026, e.mayne@mchsi.com

Logistics and course set-up: Volunteers are needed for course set-up and teardown. Contact Adam Jackson at (309) 781-4112, ajackson6382@yahoo.com

Bike Rodeo: Volunteers are needed for course set-up, running the stations and teardown. Contact Dean Mayne at (563) 650-1026, e.mayne@mchsi.com

Shifts are available from 7 a.m. to 6 p.m. on Memorial Day.

Your rewards: \$6 in free food and drink coupons good at the Kiwanis Pancake Breakfast or the Criterion vendors; a spectacular and coveted Criterion t-shirt; an invitation to the volunteer party at 5 p.m. June 3 at D'Alessandro's, 1524 4th Ave, RI (old Putter's/Ragtime) with the first keg and finger foods on us; a full day (or shift) of entertainment and opportunity to be an active QCBC volunteer.

Contact Vivian Norton at (563) 355-1899, vjoan@q.com to find out what volunteer spots are open or to tell her what volunteer opportunity you would like.

New QC Metro Bike Map

By Chuck Oestreich

The Quad Cities Metro Bike Map has been a runaway success.

The first edition of 6,000 copies in 2007 went quickly. In two years, we needed to make revisions and have more printed – 9,000 to be exact. But in 2011, we have distributed almost all of the latest maps.

The latest revision of the free map is in the initial stages of production - with printing and distribution of another 9,000 maps scheduled for this spring, hopefully by the date of this newsletter or by mid-May, in time for QC in Motion week.

The map is generated by experienced bicyclists who know the best ways to get around the Quad-Cities on a bike. It lists preferred routes, bike lanes, trails, and routes to be used with caution. It also has an indication for "tough" intersections.

The map has much safety material on its reverse side, along with information about state bicycle organizations. It helps promote bicycling for both recreation and transportation, along with giving incentives to local officials to better supply the needs of local bicyclists.

And the map is funded entirely by volunteers and by the QC bicycling community. Generous sponsors include: Bike & Hike, Bike One, Healthy Habits, Jerry and Sparky's, Let's Ride, Trek of Davenport, the Quad Cities Convention And Visitors Bureau, Quad Cities Bicycle Club, Iowa Transit and MetroLink.

Participate in the Tour de QC

By Chuck Oestreich

Did you know that there are more than 150 businesses or community facilities within easy biking distance in the main residential area of Rock Island?

All these places can be visited on low-trafficked streets and avenues on a bike.

Most people don't know how easy it is to get around their community on a bike. That's one of the main reasons for the "Tour de QC."

"It's not a race, it's a self-guided bicycle tour – of your city."

The Tour is being held this year in Rock Island, with hopes to extend its push to all of our Quad Cities in the future. For now, however, the focus is on Rock Island.

It will be held from noon to 4 p.m., Sunday, May 15.

There's no official starting place, but the Rocky Stadium parking lot will be the ending place so it's a good place to start. You can pick up a folder pointing out the streets and avenues to use and containing a list of all 155 places accessible on a bike.

But the folder is based on the QC Metro Bike Map, so you may use it just as well.

The Tour is designed for exploration of the streets and avenues of Rock Island, avoiding the bluffs surrounding the city. To tour the trails adjacent to the rivers, plan to participate in **Ride the River** on Sunday, June 19, 2011.

Just get on your bike and go cycling on your own. Stop at any of the locations and get the feel of using your bike for all the little errands that just have to be done. - but don't have to be done in a car.

The Tour is a major part of QC in Motion week and is supported by QCTAG and the bicycle task force of Rock Island.

Opening for industrial engineer

TDM & Associates, an executive search firm, is seeking an industrial engineer for a sporting goods co. near Champaign, Ill.

The engineer will identify designs, tests, implements and measure process improvements to meet production, safety, cost improvement and environmental goals.

This position utilizes lean manufacturing principles, processes and tools to support operational and site objectives and provide organizational agility.

The industrial engineer determines and establishes systematic improvements to promote and sustain long-term continuous improvement programs consistent with overall business strategies and initiatives. The Industrial Engineer works with multiple levels of plant personnel to achieve objectives.

Successful candidates will have a bachelor's degree in Industrial Engineering (master's in Engineering/Business is highly desirable) and five to seven years related experience in manufacturing.

TPS / Standard Work experience required.

Formal Lean/Six Sigma Green and/or Black Belt training preferred.

ASME certification desirable.

Utilizes Lean/Six Sigma, SPC, JIT, 5S/Visual Factory and Value Stream/Process Mapping tools to drive operational efficiencies.

Identifies Key Productivity Indicators and applies systems and controls to monitor those characteristics.

Develops and writes Standard Operating Procedures (SOP's).

Working knowledge of OSHA regulations.

Strong proficiency in MS Office applications and in presentation, project management and statistical (Minitab, JMP, etc.) software.

SAP experience desirable.

The company offers a competitive salary, and comprehensive benefits program. Send resume with a cover letter to: Pam Bowsher at pam@tdm-assoc.com

Recap of April 9 Mid-Paced Ride to LeClaire

By Kathy Storm

This was rather a “marginal” morning for spring cycling; low 50s, wet pavement (after some early morning showers), high humidity and cloudy skies.

Bill and I were pleasantly surprised to have 17 riders show up at the start of the ride and another four join us “en-route.” Our spirits immediately lifted as more QCBC members and guests began showing up for a classic spring ride; a nice and easy ride (27 miles) to LeClaire along the Mississippi River.

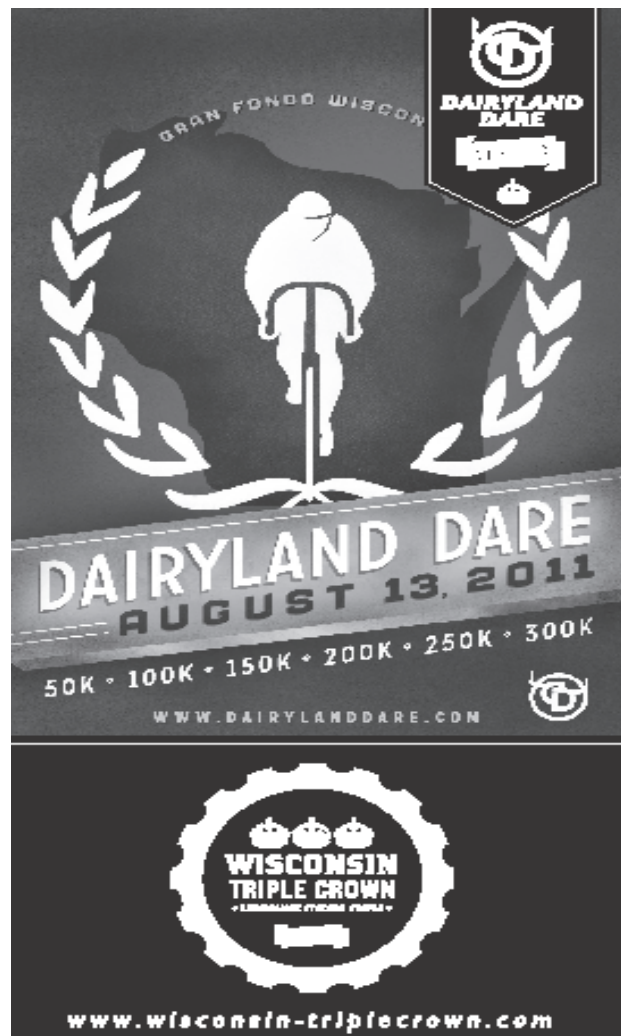
Our ride start was changed a little from Eastern Avenue Park due to the pavement replacement taking place on Eastern Ave between the bridge over Duck Creek and 35th Street.

Ken Urban was kind enough to send out an announcement via email that people who were driving to the start should park at the HyVee on Kimberly and Spring, then ride to the “Exercise Equipment Area” on the east side of Eastern Ave.

The water in the Mississippi River was high, but not over the bank along Canal Shore Road just south of LeClaire. This 1.5 mile stretch is always nice to ride along and provides a nice break from Route 67.

After a beverage and restroom break at the BP station in LeClaire, the group split apart as some wanted to add extra miles and three riders had started in LeClaire. A few riders even ventured over to the American Pickers store and caught a glimpse of Mike Wolf, former bike shop owner and now a celebrity on the History Channel.

Thanks to everyone who came out on this ride; especially the four board members (Darlene Moritz, Deb Mathias, Katherine Bain and Mike Hughes). We hope to see you on more MidPaced Rides this season. And if you’d like to lead a MidPaced ride, contact Ken Urban.



NOMINATING A CANDIDATE FOR QUAD CITIES BICYCLE CLUB HALL OF FAME

ABOUT YOU AS A NOMINATOR:

Your Name: _____
Phone: _____
E-Mail: _____
Address: _____
City-State: _____
Are you now or ever been a QCBC Member? Yes ___ No ___

Briefly describe your association (if any) with the person you are nominating. (Friend, riding partner, fan, other)

ABOUT YOUR CANDIDATE

Name: _____

Gender: _____

Living? Yes ___ No ___

Year Born _____

QCBC Member? When? _____

Note: Achievement before 1964 does not require QCBC membership.

Phone: _____

E-Mail: _____

Address: _____

City-State: _____

Identify the cycling accomplishment(s) which you feel should qualify your candidate's acceptance into the Hall of Fame. Be specific-for example: "Won silver medal in the World Junior Road Racing Championships in 2005". You should be prepared to provide documentation for that achievement which you deem most significant.

Send this form and all related material as an attachment to:

Joe Jamison
j-jamison@sbcglobal.net
(309) 235-4284
1101 20th Avenue
East Moline, IL 61244

QCBC RAGBRAI XXXIX Information

Register's Annual Great Bicycle Ride Across Iowa runs July 24-30 with overnight stops in Glenwood, Atlantic, Carroll, Boone, Altoona, Grinnell, Coralville, ending in DAVENPORT!

The “QCBC RAGBRAI Club Charter” registration ended in February but the Quad Cities Bicycle Club is proud to announce that we will once again provide charter service for those who obtain their RAGBRAI tags from the Des Moines Register. We are experiencing a very high number of inquires this year and will operate on a first come-first serve basis. Please make your reservations early and tell your fellow cyclists to do the same.

Bicycles will be loaded into the double decker Allied Van Lines semi trailer on Friday July 22nd from 4:30 – 6:30 PM at the Isle of Capri West parking lot in Bettendorf, Iowa . Riders and baggage will be loaded onto the Deluxe Motor Coaches from 6:15 to 6:45 am Saturday July 23rd and will promptly depart for Glenwood by 7:00.

We are now accepting paid reservations to fill the remaining charter buses. **You must hold a RAGBRAI TAG in order to join in any of our charter services.** Riders may place their reservation early but you will be required to send your TAG number to us when RAGBRAI issues them. We will request photocopies of your bike/wristband tag numbers when they are sent out from RAGBRAI around the first of May.

Send your request for our “Charter Service for Lottery Tag Holders” form to the email address listed below, you must provide an email address on the application for this charter service. Mention **RAGBRAI Charter** in the subject box and we will promptly reply with the form as a Word attachment. Each individual must fill out the form/waiver for our club.

Thank you,
Dixon

Dixon J. Novy
Q.C.B.C. RAGBRAI Registrar
704 12th Street
DeWitt, Iowa 52742
dxnovy@mchsi.com



RAGBRAI XXXIX July 24-30, 2011

Glenwood, Atlantic, Carroll, Boone, Altoona, Grinnell, Coralville and DAVENPORT!

For more info, go to www.qcbc.org, the Des Moines Register's Official RAGBRAI site at www.ragbrai.com or Davenport's official website at www.visitquadcities.com/ragbrai.

Sign up for May 14 Balltown Classic

By Dave Parker

It's a race. It's a ride. It's 200 miles (or 100 if you prefer) through eastern Iowa hill country, from Dewitt to the picturesque hamlet of Balltown. Nestled on a bluff high above the Mississippi Valley, Balltown is home to Brietbach's Country Dining – a restaurant so popular it has risen from the ashes not once but twice in as many years.

For the competitive souls among us, there is the 200-mile all-out race. About 11,000 feet of climbing makes this a difficult course to hammer through, but where there is a record, someone is looking to break it.

The men's overall record is just over 10 hours, which means anyone hoping to take a shot at it better be ready to maintain a 20 MPH pace. The women's overall record has been set and reset every year for the last three years, and if my hunch is right there could be a face off in 2011.

This ride can be enjoyed by anyone with a taste for adventure. There are plenty of rest stops and refreshments, and if 200 miles is just beyond your reach, try the 100-mile option.

Visit www.ultramidwest.net for more information.

May Ride Schedule

1-May	Sunday Morning Mid Paced Ride to Hillsdale and Barstow. Return to park for SPRING PICNIC . Bring a dish to pass.	25 - 30 miles 14-16 mph	9:00 AM	Illiniwek Park, Hampton, IL. Off Rte 84.	Darlene Moritz 563-386-3499
1-May	Sunday evening: QCBC Adopt-a-Highway-trash pickup along 2 mile stretch of Scott County Park Road (Old Hwy 61)		4:30 PM	Parking lot west of soccer fields near F55 & 956 (Scott County Park Rd)	Ken Urban 563-326-3427
1-May	Spring Picnic Ride	50-60 Miles	900AM	Illiniwek Park Hampton, IL.	David Thompson 764-5030, Gary Jones 359-5614
3-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309- 738-8389
3-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
3-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	TBD	Kathy Ramp 309- 738-8389
4-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
5-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
7-May	Saturday Morning Mid Paced Ride to Hillsdale and Barstow. Return to park for SPRING PICNIC . Bring a dish to pass.	35-40 miles 14-16 mph	8:00 AM (note ear- lier time)	Illiniwek Park, Hampton, IL. Off Rte 84.	Darlene Moritz 563-386-3499
7-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	TBD	
8-May	Sunday- MOTHER'S DAY Rider's Choice	TBD 14-16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Determined by Riders
8-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
10-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	TBD	Kathy Ramp 309- 738-8389
10-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Lo- cust & Marlo Ave)	Kathy Ramp 309- 738-8389
10-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

May Ride Schedule

11-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
12-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
14-May	Saturday morning Midpaced ride- McCausland	40 miles 14-16 mph	8:00 AM	Crow Creek Park, Devils Glen Road, Bettendorf, IA	Michael Hughes 563-332-5605
14-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
15-May	Sunday morning midpaced ride- Geneseo loop	35-40 miles 14-16 mph	8:00 AM	Colona Grade School, 700- 1st St., Colona, IL	Warren Power 563-391-5466
15-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
17-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
17-May	Iowa Evening ride <i>After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders</i>	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
18-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
19-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
21-May	Saturday Morning Mid Paced Ride- Northern Scott County	40-45 miles 14-16 mph	8:00 AM	North Scott High School, 200 S. 1st St., Eldridge, IA	Dixon Novy 309-736-0162
21-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
22-May	Sunday morning midpaced ride- Tour of South Rock Island County, plenty of hills for TOMRV training	45 miles 14-16 mph	8:00 AM	Airport Park- south of QC Intl Airport on 78th Ave.	Ken Urban 563-326-3427
22-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
24-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Locust & Marlo Ave)	Kathy Ramp 309-738-8389

May Ride Schedule

24-May	Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	
25-May	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	8:00 AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
26-May	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch	
28-May	Saturday morning- BIKE PATH CENTURY to Savannah, options to loop back for shorter mileage	100 miles 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Dick Wolbers 563-332-9906
28-May	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
29-May	Sunday morning midpaced ride to Muscatine to see Mellon City Criterium	40 miles 14-16 mph	8:00 AM	Buffalo Park, Dodge St., Buffalo, IA	Dean Arney 563-355-1282
29-May	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	TBD	David Thompson 764-5030, Gary Jones 359-5614
31-May	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309-738-8389
31-May	Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA	

June Ride Schedule

1-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Davenport (across parking lot from McD's)	Darlene Moritz 563-386-3499	WED
2-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS
4-Jun						MID
4-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM		David Thompson 764-5030, Gary Jones 359-5614	FAST
5-Jun						MID
5-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM		David Thompson 764-5030, Gary Jones 359-5614	FAST

June Ride Schedule

7-Jun	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Locust & Marlo Ave)	Kathy Ramp 309 -738-8389	WOMENS
7-Jun	Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA		TUE
8-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Dav- enport (across parking lot from McD's)	Darlene Moritz 563-386-3499	WED
9-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS
11-Jun						MID
11-Jun	TOMRV					FAST
12-Jun						MID
12-Jun	TOMRV					FAST
14-Jun	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	East end of Ben Butterworth Park- way. Old River Dr. and 55th St, Moline, IL.	Kathy Ramp 309 -738-8389	WOMENS
14-Jun	Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA		TUE
15-Jun	Wednesday Morning Combined ride, rides determine the distance, pace, includes breakfast stop	25+	9:00 AM	Hy-Vee on Spring St. Dav- enport (across parking lot from McD's)	Darlene Moritz 563-386-3499	WED
16-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS
18-Jun						MID
18-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM		David Thompson 764-5030, Gary Jones 359-5614	FAST
19-Jun						MID
19-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM		David Thompson 764-5030, Gary Jones 359-5614	FAST
21-Jun	TUESDAY- Women's Only Rides - all levels	15 - 30 Mi TBD by group	5:30 PM	Duck Creek Path (access from Locust & Marlo Ave)	Kathy Ramp 309 -738-8389	WOMENS
21-Jun	Iowa Evening ride After the ride stick around Happy Joe's for pizza and beverages and socialize with fellow riders	Determined by riders	5:30 PM	Happy Joe's Pizza Eldridge IA		TUE

New Club Members

NewMember	CityState	Phone
Edwards, Mark	Davenport, IA	563-593-4179
Fuller, Kimberly	Rapid City, IL	309-507-0458
Gunnerson, Peggy	Moline, IL	day 309-738-6910 eve 309-738-6910
Kealey, John	Davenport, IA	563-359-5107
Mckenna, Paul	Davenport, IA	563-391-4473
Pierce, Jeff	Ankeny, IA	eve 515-965-1510
Relf, Steven	Davenport, IA	
Shryack, Curt	Moline, IL	309-948-4477
William, Brewer	East Moline, IL	day 309-333-0596 eve 309-333-0596
Wojcinski, David ,Laurie	Moline, IL	day 309-764-2935 eve 309-764-2935

QCBC Membership Totals

<i>Membership Type</i>	<i># of Memberships</i>	<i># of Members</i>
COMP	18	18
COUPLE	227	454
FAMILY	120	434
IND	358	358
LIFE	3	5
Grand	726	1270

RAGBRAI for Rookies Seminar a success

By Ken Urban

With RAGBRAI coming to Davenport this summer, there is a lot of interest from many cyclists who have not experienced it before.

On April 3, a RAGBRAI for Rookies seminar was held at Rivermont Collegiate's auditorium. Tony Buck, Dean Mathias, Donnie Miller and Dixon Novy presented a wide variety of tips for making the ride a successful one.

Topics included RAGBRAI history, charters, camping, luggage, logistics, safety and tire repairs. A fully stocked tent, solar shower tent, a bicycle prepared for shipping and other gear were available for people to see up close. A multimedia slide show featuring hundreds of photos from previous rides also was shown.

Most of the approximately 75 who people attended had never ridden in RAGBRAI. Many were not QCBC members, but were encouraged to join and participate in group rides to prepare for the many miles of rolling hills in July.

Attendees included people from as far away as Mechanicsville, Ia. and Sycamore, Ill. The event was well covered by three local television stations and two newspapers. The group was treated to pizza/drinks and allowed people to share additional stories at the end. Thank you for all that attended, presented and helped support this seminar.

Quad Cities Bicycle Club
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QCBC—one of 10 biggest bicycle clubs in the U.S.

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May 1—Adopt-a-highway (page 2)
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ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING