



Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — June 2011

Grandpa prizes RAGBRAI with grandson

This article originally appeared in the September 1994 Pedalwheeling.

By Charlie Sattler

I would like to share a story with you.

On Friday, our last overnight stay, my 9-year-old grandson, Jesse, joined me. What a shock it was for him. He couldn't believe all the tents.

When we walked downtown, he was really amazed by all the people. We ran into a group of people I knew from Utah who introduced us to some people from Australia. Can you imagine his surprise meeting someone from out of our country?

In the morning, Jesse couldn't believe how quickly the tents seemed to disappear. We decided to have breakfast at McDonald's, which was off the main route. After breakfast, we started towards the main route. Jesse couldn't believe all the bikes.

We started with 13 miles of rolling hills, which was quite a challenge to Jesse. But I believe the fact that there was nothing but cyclists on the whole side of the road had him so excited that he didn't seem to notice the hills. He was just having fun seeing how fast he could go down the hills.

Our first stop was for a coffee-hot chocolate break after we had ridden about 15 miles. He was going strong. The route became less rolling, almost flat in some places. He continued very strong.

Our next stop was Grand Mound where we had a quick snack and soon were back on the road. We now had 25 miles in and he wasn't weakening. The route was really flat and our pace was fast and steady. As we rode, a lot of people took time to tell Jesse what a good job he was doing. I know I was certainly proud of him.

Our next town was DeWitt. Jesse was surprised to see a whole town taken over by cyclists. He couldn't believe it when we had to walk our bikes through the large crowd. Jesse hadn't shown any fatigue, and he told me he wanted to keep on going.

Our next stop was Elvira. With about 10 miles to go, he was really getting excited and wanted to continue. We headed directly to Clinton. Jesse didn't slow down a bit; in fact he started looking forward to more hills. To my surprise, with Clinton getting closer, he was keeping up with me on the down hills.

Finally, the big moment arrived. We biked into Clinton with the cheering crowds and all the other excitement. My next big surprise was the way Jesse reacted when an officer signaled us through a red light. This was a very special privilege for him because when we ride together, I make him obey all the rules of the road.

Our last stop was to dip our tires into the Mississippi. I have never seen him as happy and proud as he was at that time.

When we found the QCBC truck, we had a little over 60 miles in. This was, by far, the greatest distance he had ever gone.

After eating, Jesse fell asleep, ending a picture-perfect day and causing a bonding between us that will never be forgotten.

Believe it or not, the next day Jesse wanted to do 40 miles so he could say that he did 100 miles in two days. And he did it too!



Charlie Sattler with grandson Jesse, now 26 and the father of two sons.

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.

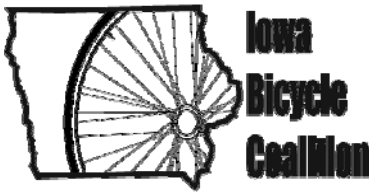
Mission Statement: To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

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

MRT Ride for those who can keep pace

A Mississippi River Trail (MRT) ride from Princeton to Clinton and back will be held 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 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.

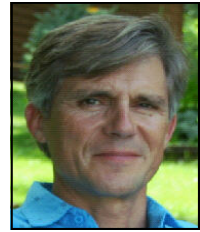
To register and pay the \$10 (which includes a t-shirt), go to riveraction.org. You will receive a confirmation card in the mail. Registration wrist bands will be needed to attend Ride the River events. Thanks for helping River Action promote the expansion of our wonderful Mississippi River Trail system.

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



Let's Ride!

John Harrington, QCBC president



Reason number 2 to wear a helmet...red-winged black birds!

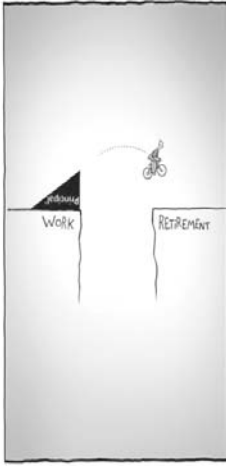
- **Spring picnic:** Warm camaraderie mixed well with cool weather this year. Great food, two mid-paced rides, a fast-paced ride and our inaugural mountain bike ride were highlights of this year's spring picnic. As always, special thanks go to those of you that brought a dish to share. That's what makes this event special.

- **Fred Blessin Memorial:** The concrete stonework has been poured and the memorial plaque has been installed. They look great! I expect a ribbon cutting in June. Stay tuned to QCBC.org.


- **Spring Tailwind:** This year's event may have been the fastest ever with leaders finishing in just over four hours. Yikes! That is fast. Spring/Fall Tailwind director Dave Thompson is taking a well deserved break and is looking for someone to take over the event starting this fall. Dave has offered to support the next director with route maps and "how to" advice. Please contact me if you would like to help. jwhjkh@gmail.com

- **Criterion:** Be sure to attend the 46th Annual Modern Woodman Bank Quad Cities Criterion on May 30 in The District of Rock Island. Race director Donnie Miller promises 13 exciting races with a \$12,000 total prize purse. Attendance is free to view the races on the fast, 3/4-mile, hourglass-shaped course. Don't forget to bring your kids or grandkids for the Bike Rodeo and one of the eight kids' races. For details, visit <http://quadcitiescriterion.com/>.


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SATURDAY, JUNE 25



KICKAPOO KICKER

THE KICKAPOO KICKER



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Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

Tom Bolton called and said “Do something, Chuck. Do something.”

“Wait a minute, Tom. Hold it for a second.. Just what is the problem? (As if I can do anything about any problem.)”

“It's TOMRV. I just heard that the average age is up – the highest it's been ever. We've got to do something about that. We've got to get the younger people out there riding. What's the matter with these youngsters? Why don't they ride? Why don't you write something about it?”

As if an old codger like me has even a clue about younger riders and why they are not acting like those of us in the past. I was at a loss.

Then last week I heard Congressman Bruce Braley say something while he was speaking at the commuter breakfast put on by the QC-TAG in conjunction with QC in Motion Week. He said, and I'll paraphrase, “People will do things when they're fun. We've got to make biking fun.”

So let's put these two things together and do some brainstorming.

What bike activities can the QCBC add to its already long list of activities? Here are some that popped up:

- Have rides set up by age groups. Just for 20s, for instance.
- Ride to a fun destination such as Blackhawk Park or Sunderbruch Park
- Have shorter rides. Ride every street in a downtown.
- Have longer rides. A weekend century: two loops of 50 miles each.
- Have urban rides through our cities. NorthPark to SouthPark and back.
- Have rides for families with kids, such as Botanical Center to Schwiebert Park and back
- Chicago has a Slow Riders group. We don't we? “Come on, Guys. Slow down. See the sights.”
- Have TGIF rides every week. The ride starts at 5 p.m. on Friday.
- Singles rides. Couples rides. Neatest jersey ride. Wildest T-shirt ride. Strange bikes ride (rare bikes or ones put together for goofing around.), Food rides. (After all, isn't that the only reason we ride?) “I ride for food.”

One no-no. No rides emphasizing alcohol. There are rides out there associated with consuming various amounts of alcoholic beverages. None of them make any sense if you're using a bike to finish the ride. Forget about a college sophomore shot-shooting shoot-off as a means to bring the age of club participants down.

These are just off the top of my head. I'm sure you have other ideas. What do you think can be done to enlist our younger biking friends into full club membership and participation?

Send your ideas to any of the QCBC board members listed on page 2 of this newsletter.

On the other hand, maybe being a club member and full participant is a matter of natural progression. I look back and see that I was a good 45 years old before I even discovered serious biking and the bike club.

So much for brainstorming.

Are You Ready for Your First Century?

By **Vivian Norton**

Again this year, the QCBC is awarding First Century recognition to members who do their first century in 2011.

First, be sure your tires are in good condition. There are few things as discouraging as a flat tire.

Second, do you have a comfortable saddle? If not, as your favorite bike shop if you can try out a few. Most of us use split saddles. Sometimes you need to ride a saddle a while to break it in. (Your bottom-side will be the judge.)

Third, make a schedule of distances to ride. Work up to 60 to 70 miles over several weeks. Get in 700 or 800 miles before tackling a century. The QCBC has scheduled rides Tuesday evenings, Wednesday mornings, and Saturdays. Check them at www.qcbc.org. Riding with others makes miles go faster and others may have some good riding tips.

If possible, pick a day with little or no wind. A 50-mile ride out and back on the bike trail makes an easy century. Another option is the fall Heartland Century. Or if you ride RAGBRAI, you can use that to prepare.

In 2010, the following did their first century - Matt Drobney, Don Flynn, David Gatheright, Kent Johnson, Mike Jackson, Danita Reed, and Alex Severs. Most went on to do several more centuries before the end of the year.

If you have questions, or when you've completed your first century, contact Vivian Norton at (563) 355-1899 or e-mail at vjoan@q.com with the date of the ride. You'll receive your award plaque at the annual dinner in November.

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Support Habitat for Humanity

By Gordon Fordyce

After a ride doesn't it feel great to go home to your clean, safe, and affordable home?


If so, and you'd like to help build a deserving family a home like yours, consider sponsoring me while I ride my 8th Habitat 500 in July. It's a pledged 500-mile week-long ride in Minnesota to support the Quad-Cities affiliate of Habitat for Humanity. This year's donations will go toward building house 74 in Davenport. I need your contribution, payable to "Habitat 500", by July 1. Contact me by email: gandkfordyce@mchsi.com.

Ride the Rail on the Sauk Trail

The newly paved Sauk Rail Trail will celebrate with a "Ride the Rail" bicycle ride June 11, starting in Carroll at Swan Lake State Park and ending in Lake View at Black Hawk State Park.

Riders get a free lunch in Breda. For information, visit <http://www.iowabicyclecoalition.org/node/917>

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

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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

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	Saturday morning midpaced ride- trace last half of RAGBRAI route Davenport to Durant	60 miles 14-16 mph	8:00 AM	Credit Island Park-Davenport	Dixon Novy 309-736-0162	MID
4-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614	FAST
5-Jun	Sunday morning midpaced ride- South Rock Island County- hills and flats	45-50 miles 14-16 mph	8:00 AM	South Rock Island Library 9010 Ridgewood Rd., Rock Island, IL	Frank Beshears 309-762-0160	MID
5-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614	FAST
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 <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		TUE
8-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
9-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS
11-Jun	Saturday morning midpaced ride- (TOMRV weekend) Riders' Choice	TBD 14-16 mph	8:00 AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Determined by Riders	MID
11-Jun	TOMRV					FAST
12-Jun	Sunday morning midpaced ride- (TOMRV weekend) Riders' Choice	TBD 14-16 mph	8:00 AM	Eastern Ave. Park, Duck Creek Pkwy, Davenport, IA	Determined by Riders	MID
12-Jun	TOMRV					FAST

June Ride Schedule

14-Jun	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	WOMENS
14-Jun	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		TUE
15-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
16-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS
18-Jun	Saturday morning midpaced ride - Reynolds and beyond	45-50 miles 14-16 mph	8:00 AM	Thermo King-R.I. Industrial Park, Rock Island	Tom Scott 309-788-9257	MID
18-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614	FAST
19-Jun	Sunday morning midpaced ride - MRT Ride Princeton to Clinton, see website for details	40-45 miles 14-16 mph	7:30 AM	Princeton, Iowa (see website for starting location)	Dean Mathias 309-787-6547	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 <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		TUE
22-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
23-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS

June Ride Schedule

25-Jun	Saturday morning midpaced ride- SW Clin-ton County, 46 or 62 mile routes, lunch option at Don's Pub afterward	46 or 62 mi. 14-16 mph	8:00 AM	Sportsmen's Park (ball diamond), Donahue, IA	Darlene Moritz 563-386-3499	MID
25-Jun	Saturday morning Fast-Paced Ride, one stop.	50-60 Miles 16-18mph	800AM	East end of Ben Butterworth Parkway. Old River Dr. and 55th St, Moline.	David Thompson 764-5030, Gary Jones 359-5614	FAST
26-Jun	Sunday morning midpaced ride- Albany, combination of rural roads and bike path	45-50 miles 14-16 mph	8:00AM	Rapid City, IL boat launch	Ken Urban	MID
26-Jun	Sunday morning Fast-Paced Ride, one stop	50-60 Miles 16-18mph	800AM	Eastern Avenue Park, Duck Creek Parkway.	David Thompson 764-5030, Gary Jones 359-5614	FAST
28-Jun	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	WOMENS
28-Jun	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		TUE
29-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
30-Jun	Thursday Illinois evening ride	Determined by riders	5:30 PM	Rapid City boat launch		THURS

Call for QCBC 2011 Hall of Fame Nominations

By Joe Jamison

The Hall of Fame panel is seeking the names of riders who have accomplished significant levels of achievement in road racing, endurance racing/randonneuring and/or adventure/touring.

Our club has a nearly 50-year history of amazing cyclists have come and gone but sadly, their achievements are being lost to memory because we haven't documented their stories. Our club's history will be much richer when we can refer to these riders who set high standards. 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.

Please help. We have many who deserve recognition. You'll find a nomination form in the newsletter. It's simple to prepare and drop in the mail. Nominations must be received no later than July 1. For more information, contact Joe Jamison at (309) 235-4284 or j-jamison@sbcglobal.net.

See sign-up form on page 6

New Club Members

QCBC Membership Totals

<i>Membership Type</i>	<i># of Memberships</i>	<i># of Members</i>
<i>COMP</i>	18	18
<i>COUPLE</i>	227	454
<i>FAMILY</i>	117	423
<i>IND</i>	358	358
<i>LIFE</i>	3	5
<i>Grand</i>	723	1260

New Members

New Member	Spouse	City, State	Phone
Carver, George		Springfield, IL	day 217-306-8026 eve 217-
Delarosa, Chris		East Moline, IL	309-755-6755
Delp, Rodney		East Moline, IL	day 309-794-5230 eve 309-
Fallon, James		East Moline, IL	815-440-2790
Fitzsimmons, Michael ,Maleia		Davenport, IA	563-324-6723
Fuller, Kimberly		Rapid City, IL	309-507-0458
Geering, Stephen ,Gina		Blue Grass, IA	day 563-333-8508 eve 563-
Godman, Shawna ,Mike		Davenport, IA	day 563-386-1484 eve 563-
Huisinga, Collen		Davenport, IA	563-940-1145
Jensen, Alex		Davenport, IA	day 563-726-2262
Kealey, John		Davenport, IA	563-359-5107
Miller, David		Davenport, IA	day 563-391-4612 eve 563-
Price, Dennis		Davenport, IA	712-540-9121
Wros, Jeff ,Steffani		Colona, IL	day 563-650-0505

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QCBC—one of 10 biggest bicycle clubs in the U.S.

June 11-12—TOMRV
June 11—Ride the Rail (page 5)
June 19—MRT Ride (page 2)
June 25—Kickapoo Kicker (ad, page 3)
July 1—Hall of Fame nomination deadline (page 9&6)
July 24-30—RAGBRAI
Aug. 13—Dairyland Dare (ad, page 5)



ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING